



The Use of Seclusion, Mechanical Means of  
Bodily Restraint and Physical Restraint in  
Approved Centres:  
Activities Report 2012

March 2014

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## Glossary

**Approved Centre** a “centre” means a hospital or other in-patient facility for the care and treatment of persons suffering from mental illness or mental disorder. An “approved centre” is a centre that is registered pursuant to the 2001 Act. The Mental Health Commission establishes and maintains the register of approved centres pursuant to the 2001 Act.

**Mechanical restraint** is defined in the *Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint* (MHC, 2009) as “the use of devices or bodily garments for the purpose of preventing or limiting the free movement of a patient’s body”. Version 2 of the Rules specifies that “The use of cot sides or bed rails to prevent a patient from falling or slipping from his or her bed does not constitute mechanical means of bodily restraint under these Rules.”

**Physical restraint** is defined in the *Code of Practice on the Use of Physical Restraint in Approved Centres* (MHC, 2009) as “the use of physical force (by one or more persons) for the purpose of preventing the free movement of a resident’s body when he or she poses an immediate threat of serious harm to self or others”.

**Resident** means a person receiving care and treatment in an approved centre.

**Restrictive interventions/restrictive practices** for the purpose of this report include the use of mechanical restraint, physical restraint and seclusion.

**Seclusion** is defined in the *Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint* (MHC, 2009) as “the placing or leaving of a person in any room alone, at any time, day or night, with the exit door locked or fastened or held in such a way as to prevent the person from leaving.”

## Summary

This activities report includes data reported to the Mental Health Commission on the use of three restrictive practices during 2012. Data are presented on the use of seclusion, mechanical restraint and physical restraint based on returns from 68 approved centres.

This is the first year we have collected individual service user level and episode level data which has allowed for enhanced reporting in relation to the number of individuals, who were either secluded or restrained in approved centres, and also more accurate reporting in relation to the duration of restrictive practices.

There were 4,466 episodes of restrictive practices in 2012, 6.1% less than the number reported in 2011 (4,755). Physical restraint accounted for 68.6% of interventions, seclusion accounted for 31.4% and there were zero episodes of mechanical means of bodily restraint recorded, in 2012. As in previous years, the use of seclusion and physical restraint varied widely between approved centres.

Twenty-nine approved centres recorded 1,403 episodes of seclusion, in 2012, equivalent to 30.6 episodes of seclusion per 100,000 total population. Use of seclusion decreased for the fifth year in a row, with 16.6% fewer episodes reported in 2012 in comparison to 2011. The majority (68.2%) of seclusion lasted less than eight hours and almost 70% (67.8%) of seclusion occurred between the hours of 8am and 8pm. A small percentage (3.1%) of seclusion episodes exceeded 72 hours.

The 1,403 episodes of seclusion involved 505 individual residents, with a higher percentage of males (65.3%) than females (34.7%) placed in seclusion. Over half (55.6%) of those placed in seclusion were between the ages of 18 and 39 years of age. Ten children were secluded in 2012.

St Joseph's Intellectual Disability Service recorded the highest number of episodes of seclusion (231), in 2012, involving 15 individual residents, followed by the National Forensic Service – Central Mental Hospital; 133 episodes of seclusion which related to 37 individuals. Both approved centres reported notable decreases in the use of seclusion in 2012 in comparison to 2011 with a 37.4% reduction in St Joseph's Intellectual Disability Service and a 24% reduction in the Central Mental Hospital.

There were a total of 3,063 episodes of physical restraint reported, by 52 approved centres, in 2012 which is equivalent to a rate of 66.8 per 100,000 population. This represents a decrease of nine episodes on the number of episodes in 2011. Almost three-quarters (74.1%) of physical restraint episodes lasted for five minutes or less, 18.9% of which lasted for one minute or less.

A total of 993 individuals were physically restrained on 3,063 separate occasions in 2012. A higher proportion of males (56.3%) than females (43.7%) were physically restrained and almost half of all those restrained were between 18 and 39 years of age. Forty-two children were physically restrained in 2012.

St Vincent's Hospital in Fairview, reported the highest number of episodes of physical restraint; 315 episodes which involved 56 individual residents, in 2012. St Joseph's Intellectual Disability Services reported the second highest use; 244 episodes of physical restraint of 17 individual residents.

## **1. Introduction**

This is the Mental Health Commission's fifth annual report on the use of seclusion, mechanical means of bodily restraint and physical restraint in approved centres. *The Use of Seclusion, Mechanical Means of Bodily Restraint and Physical Restraint in Approved Centres: Activities Report 2012* is based on data that are collected by approved centres in accordance with the *Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint* (MHC, 2009) and the *Code of Practice on the Use of Physical Restraint in Approved Centres* (MHC, 2009), which regulate the use of seclusion, mechanical restraint and physical restraint in approved centres. Also, for the first time, individual service user and episode level data, which was collected by the Mental Health Commission during an on-site data review, is included in the report. The additional data has facilitated more enhanced reporting on activity in approved centres including the number of individuals involved and the duration of episodes.

This report describes the use of seclusion, mechanical restraint and physical restraint in 2012 nationally, regionally (by super-catchment area) and in individual approved centres. Data are also compared with those from previous years and in particular with data from 2011.

### **1.1 Data Coverage**

The number of approved centres on the Register of Approved Centres on 31st December 2012 was 63. These 63 approved centres had a combined bed capacity of 2,876 beds. When compared to the figures on 31st December 2011, there was a 7.1% (n=220) reduction in the combined bed capacity during 2012.

We present data for all centres which were entered on the Register of Approved Centres during 2012 and which were open for admissions during the year. Sixty-eight approved centres were eligible for inclusion in this year's report. There were a number of changes to the Register over the course of the year as outlined below.

#### **Approved Centres entered on the Register of Approved centres and opened for admissions in 2012:**

- Heywood Lodge (April 2012)
- Highfield Hospital (April 2012)
- Linn Dara Child & Adolescent In-patient Unit (May 2012)
- St Bridget's Ward & St Marie Goretti's Ward, Cluain Lir Care Centre, Mullingar (May 2012)

#### **Approved Centres that ceased to operate in 2012**

- Highfield Private Hospital (April 2012)
- Hampstead Private Hospital (April 2012)

- Warrenstown Child & Adolescent In-patient Unit (May 2012)
- St Michael's Unit, South Tipperary General Hospital (July 2012)
- St Luke's Hospital, Clonmel - St Teresa's Ward (July 2012)

#### **Approved Centre Notes:**

There are a number of items of note in relation to approved centres that are listed here once and will not be referenced at the end of each individual table throughout the report:

- **Cluain Mhuire:** The Cluain Mhuire/Dun Laoghaire catchment area admits patients to St John of God Hospital Limited, an approved centre in the independent sector, as the HSE purchases in-patient places in this facility for Cluain Mhuire/public patients. 2012 was the first year where a breakdown of use of seclusion for public patients was available. Prior to 2012 this data was reported under St John of God Hospital Ltd and the rates per 100,000 population for Dun Laoghaire, Dublin South-East & Wicklow excluded the Cluain Mhuire/Dun Laoghaire population.
- **Hampstead Private Hospital** closed in April 2012 and the service transferred to Highfield Hospital.
- **Heywood Lodge** in Clonmel opened in April 2012; this approved centre provides the old age and continuing care service for South Tipperary.
- **Highfield Hospital** opened in April 2012 (the service transferred from Hampstead Private Hospital and Highfield Private Hospital to this approved centre).
- **Highfield Private Hospital** closed in April 2012 and the service transferred to Highfield Hospital.
- **Joyce Rooms, Fairview Community Unit** opened in September 2011 and acute admissions from Dublin North were diverted from St Ita's Hospital to Joyce Rooms for the remainder of 2011 and for all of 2012.
- **Linn Dara Child & Adolescent In-patient Unit** opened in May 2012 and the service transferred from Warrenstown Child & Adolescent In-patient Unit, for the purpose of this report data are reported once under Linn Dara Child & Adolescent In-patient Unit.
- **National Forensic Service – Central Mental Hospital:** the data for this approved centre relates to use of seclusion and restraint involving all residents whether they were admitted under the Mental Health Act 2001 or the Criminal Law Insanity Act 2006.
- **St Bridget's Ward & St Marie Goretti's Ward, Cluain Lir Care Centre** in Mullingar opened in May 2012. Some long stay residents from St Loman's Hospital Mullingar were transferred to Cluain Lir Centre.
- **St John of God Hospital Limited** 2012 data only includes data that relate to private patients. In 2008, 2009, 2010 and 2011 data related to all residents both private and public patients (Cluain Mhuire service).



- **St Luke's Hospital** in Clonmel closed in July 2012. The old age and continuing care service transferred to Heywood Lodge and acute admissions from South Tipperary now go to the Department of Psychiatry, St Luke's Hospital, Kilkenny.
- **St Michaels' Unit, South Tipperary General Hospital** closed in July 2012. The old age and continuing care service transferred to Heywood Lodge and acute admissions from South Tipperary now go to the Department of Psychiatry, St Luke's Hospital, Kilkenny.
- **Warrenstown Child & Adolescent In-patient Unit** closed in May 2012, the service transferred to Linn Dara Child & Adolescent Service.

## 1.2 Quality Assurance and Validation of Data

- Approved centres are required to return aggregate data on the use of mechanical restraint, physical restraint and seclusion, on a quarterly basis, in templates (see Appendix 1) specified by the Mental Health Commission.
- In an effort to ensure the quality of data, the Commission carried out a review on 2012 data, in 2013. We visited each approved centre that reported they used restrictive practices in 2012, reviewed their *Seclusion and Mechanical Restraint Registers* and *Physical Restraint Clinical Practice Forms* and where available we met with appropriate members of staff who are directly involved in the use of restrictive practices in their approved centre. We extracted individual level data from registers and clinical practice forms and then cross checked the data returned by approved centres.
- Inspection reports for the reporting period are crossed checked with the data returns. If an approved centre had reported *Nil Returns* in relation to any of the interventions in 2012 but the 2011 inspection report indicated that the centre did not use the intervention, clarification was sought from the centre.
- A draft annual report, for each approved centre, based on information received in the four quarterly reports and the MHC review data, was sent to Clinical Directors in approved centres for verification and sign off. At the time of writing this report, sign off was outstanding from two approved centres.

## 1.3 Data Limitations

Data limitations, outlined below, should be considered and comparisons between usage in individual approved centres and in previous years should be interpreted with caution.

- Approved Centres vary in size, bed capacity and in the type of service they deliver. Therefore, comparative analysis between Approved Centres is crude (for information regarding individual services, see the Approved Centre Inspection Reports 2012 which can be accessed at [www.mhcirl.ie](http://www.mhcirl.ie)).
- The Mental Health Commission's *Seclusion and Physical restraint Reduction Knowledge Review* and consultation found that the variation, in the use of restrictive interventions that is evident in Ireland is in line with findings from other countries. International experience suggests that the variation in the use of restrictive interventions between different areas is likely due to a number of factors including: differing practices and cultures; geographical variations in the prevalence and acuity of mental illness; differences in admission policies with hospitals in some areas treating more acute patients; ward design factors, such as the availability of intensive care and low-stimulus facilities; staff numbers, experience and training; the use of sedating psychotropic medication; the frequent or prolonged seclusion/restraint of one patient, distorting figures over a 12-month period.
- Rates in this report are based on the total population of super catchment areas. The use of seclusion and physical restraint in approved centres operated by independent service providers is not accounted for in these figures. As we do not currently collect patient address we are unable to re-distribute patients to their own catchment.
- Some individuals may have been admitted to more than one approved centre, in 2012, and may have been either secluded or physically restrained in each approved centre they were admitted to. In the absence of a national unique patient identifier, it was not possible to accurately link all such records and therefore, for the purpose of this report individuals are only linked within an individual approved centre and not nationally.
- Data collection on the use of restrictive interventions is manual and this limits what the Mental Health Commission can reasonably request. The Commission only receives data for some of the fields which are completed on the Register for Seclusion, Register for Mechanical Means of Bodily Restraint and the Clinical Practice Form for Physical Restraint. Therefore, it is not possible to report on all of the data that are available on the registers maintained in approved centres. The templates which are used by services to return data to the Commission are shown in Appendix 1. A national mental health information system would allow the Commission to request additional information which would enhance our reporting on these interventions.

## 1.4 Information Regarding Admissions to Approved Centres in 2012

Information regarding admissions in 2012 is included below as it may provide some context in relation to the use of seclusion and restraint in approved centres.

The Health Research Board (2013) reported that there were 18,173 admissions to Irish psychiatric units and hospitals in 2012, a rate of 396.1 per 100,000 total population. Depressive disorders were the most common diagnoses returned for admissions in 2012, accounting for 30% of all admissions followed by Schizophrenia, Schizotypal and Delusional Disorders which accounted for 20.5% of all admissions. A slightly higher proportion of admissions for Depressive disorder were female (54.7%) than male (45.3%) whereas more there were more male admissions (58.5%) than female admissions (41.5%) for Schizophrenia, Schizotypal and Delusional Disorders. Twenty-eight per cent of all admissions in 2012 were resident in Dublin Mid-Leinster, 25% were resident in HSE South, almost 25% (24.5%) were resident in HSE West and 22% were resident in Dublin North-East. Admissions resident in HSE West had the highest rate of all admissions, at 411.3 per 100,000, followed by HSE South, at 407.9, and Dublin North-East, at 387.2. Dublin Mid-Leinster had the lowest rate of all admissions, at 376.6 per 100,000.

The Mental Health Commission (2013) recorded 2,141 involuntary admissions<sup>1</sup> in 2012, which included 1,574 admissions directly from the community (Form 6) and 567 re-grades of a voluntary patient to involuntary (Form 13). Almost 12% (11.8%) of all admissions, in 2012, were the subject of an involuntary admission order.

## 2. Seclusion and Restraint Data - National Overview

Table 1 shows the number and percentage of approved centres<sup>2</sup> that reported using seclusion, mechanical means of bodily restraint (to prevent immediate threat to self or others) and physical restraint in 2008, 2009, 2010, 2011 and 2012. The overall use in 2012 was relatively unchanged from 2011. The same number of approved centres reported using physical restraint and slightly less approved centres indicated that they used seclusion.

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<sup>1</sup> The Health Research Board's 2012 figures for involuntary admissions may differ from the Mental Health Commission's figures as they only capture legal status on admission and do not record any change in legal status during an admission.

<sup>2</sup> The Cluain Mhuire/Dun Laoghaire catchment area admits patients to St John of God Hospital Limited, an approved centre in the independent sector, as the HSE purchases in-patient places in this facility for Cluain Mhuire/public patients. St John of God Hospital Limited is registered (and therefore counted) as one approved centre; however, as data relating to the private and public patients are reported on separately in this report they are counted as two mental health services where appropriate.

Less than half (42.6%) of approved centres (29) reported using seclusion in 2012 and the remainder (39) indicated that they do not use seclusion.

Mechanical means of bodily restraint to prevent immediate threat to self or others<sup>3</sup> was not used in any approved centre. Seven approved centres indicated that they may use this restrictive practice but did not record any episodes in 2012.

The majority of approved centres 52 (76.5%) reported that they used physical restraint in 2012. Ten approved centres reported that they do not use physical restraint and the remaining six indicated that they may use it but did not record any episodes in 2012.

A more detailed breakdown of the use of restrictive interventions in individual approved centres is provided in Table 8.

**Table 1: Approved Centres. Overview of seclusion, mechanical restraint and physical restraint data returns. 2008 -2012. Numbers and percentages.**

	Numbers					Percentages				
	2008	2009	2010	2011	2012	2008	2009	2010	2011	2012
<b>Seclusion</b>										
Positive Returns	30	29	29	32	29	46.9	43.9	43.3	47.1	42.6
Nil Returns	8	7	1	0	0	12.5	10.6	1.5	-	-
Do Not Use	26	30	37	36	39	40.6	45.5	55.2	52.9	57.4
<b>Total Approved Centres</b>	<b>64</b>	<b>66</b>	<b>67</b>	<b>68</b>	<b>68</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
<b>Mechanical Means of Bodily Restraint</b>										
Positive Returns	11	6	3	0	0	17.2	9.2	4.5	-	-
Nil Returns	18	20	9	9	7	28.1	30.8	13.4	13.2	10.3
Do Not Use	35	39	55	59	61	54.7	60.0	82.1	86.8	89.7
<b>Total Approved Centres</b>	<b>64</b>	<b>65</b>	<b>67</b>	<b>68</b>	<b>68</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
<b>Physical Restraint</b>										
Positive Returns	49	47	52	52	52	76.6	72.3	77.6	76.5	76.5
Nil Returns	8	6	6	5	6	12.5	9.2	9	7.3	8.8
Do Not Use	7	12	9	11	10	10.9	18.5	13.4	16.2	14.7
<b>Total Approved Centres</b>	<b>64</b>	<b>65</b>	<b>67</b>	<b>68</b>	<b>68</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

<sup>3</sup> Part 5 of the Rules state that mechanical means of bodily restraint for enduring risk of harm to self or others ordered under Rule 21.3 is not required to be entered on the *Register for Mechanical Means of Bodily Restraint for Immediate Threat to Self or Others*. Such episodes of mechanical restraint are not reported to the Mental Health Commission or included in this activity report.

### **3. Use of Seclusion in 2012**

#### **3.1 Recording Episodes of Seclusion**

The Rules Governing the Use of Seclusion (and Mechanical Means of Bodily Restraint) state that all uses of seclusion must be clearly recorded, as soon as is practicable, on the Register for Seclusion. Data in this report were collated from each approved centre's Register for Seclusion and returned to the Commission in four quarterly reports using a prescribed template (see Appendix 1) and also data collected during the MHC data review. Seclusion is defined in the Rules as *"the placing or leaving of a person in any room alone, at any time, day or night, with the exit door locked or fastened or held in such a way as to prevent the person from leaving."*

We present data on the number of seclusion episodes, rate of seclusion episodes per 100,000 population, residents placed in seclusion, gender breakdown and seclusion duration. Data are presented for all of 2012. Data on the number of seclusion episodes and the duration of seclusion are presented nationally, by super catchment area, by service type and by individual approved centre.

#### **3.2 Seclusion Episodes by Super Catchment Area, Approved Centre and Service Type**

There were 1,403 episodes of seclusion, recorded in 29 approved centres, in 2012, equivalent to 30.6 episodes of seclusion per 100,000 total population. The total number of episodes of seclusion reported declined for the fifth year in a row with a 16.6% (-280 episodes) decrease between 2011 and 2012. The rate per 100,000 total population also declined from 36.7 in 2011 to 30.6 in 2012.

Table 2 shows the number of seclusion episodes, reported by individual approved centres, for 2008, 2009, 2010, 2011 and 2012. Data are also broken down by super-catchment area and by service type. Only approved centres and super-catchment areas in which the use of seclusion was recorded during any of the five years are displayed in this table. Rates of seclusion per 100,000 are also shown for each super-catchment area. Section 3.6 examines the duration of seclusion in individual approved centres should also be considered when comparing use between approved centres.

Seclusion was used in all 13 Super Catchment Areas in 2012. The Dublin North Central/North West super catchment area reported the highest number of episodes (207) and rate per 100,000 population (61.4) in 2012, they had the highest rate but only the second highest number of episodes in 2011. The West super catchment area (Galway/Mayo/Roscommon) reported the second highest number of episodes (147) and fourth highest rate (33.0) in 2012. The Waterford/Wexford area recorded the second highest rate of seclusion (38.7) and 97 episodes of seclusion. Kildare/West Wicklow/Laois/Offaly/Longford &

Westmeath reported 144 episodes of seclusion in 2012 which corresponds to a rate of 28.1 and Dun Laoghaire/Dublin South-East & Wicklow recorded 108 episodes of seclusion and a rate of 25.3 episodes per 100,000 population.

North Lee/North Cork had the lowest number of episodes (2) and rate per 100,000 (0.7) again in 2012. Seclusion rates were also low in Cavan/Monaghan/Louth & Meath and Dublin West/South West & South City at 6.6 and 6.8 respectively.

St Joseph's Intellectual Disability Service (a national mental health service for persons with an intellectual disability) reported the highest number of seclusion episodes (231), accounting for 16.5% of all seclusion nationally. They reported a decrease of 37.4% in the use of seclusion in 2012 in comparison to 2011, 138 fewer episodes. The service indicated that this reduction was in part due to a seclusion and restraint reduction strategy that they had implemented and also due to the discharge of an individual who had accounted for a large proportion of seclusion in the earlier part of 2012 and in previous years.

The second highest, number of episodes of seclusion (133) was recorded in the National Forensic Service – Central Mental Hospital. This service also reported a decrease (-42 episodes/-24%) in the use of seclusion between 2011 and 2012.

Two child and adolescent approved centres reported using seclusion in 2012; they were the Adolescent In-patient Unit, St Vincent's Hospital (3 episodes) and the Child and Adolescent Mental Health In-patient Unit, Merlin Park University Hospital (12 episodes). Both approved centres reported similar usage in 2011, reporting five episodes and nine episodes respectively.

Only one approved centre in the independent sector, St John of God Hospital Limited, used seclusion. In 2012 a breakdown of seclusion for private residents and Cluain Mhuire/public residents was available. The approved centre reported using seclusion on 117 occasions; 79 episodes of seclusion related to public residents and 38 to private residents.

Six approved centres accounted for half (53%) of all seclusion episodes in 2012, they were St Joseph's Intellectual Disability Services (231); Central Mental Hospital (133); St John of God Hospital Limited (117); Department of Psychiatry, Waterford Regional Hospital (90); Joyce Rooms, Fairview Community Unit (87) and St Vincent's Hospital, in Fairview (86). Joyce Rooms<sup>4</sup> and St Vincent's Hospital, in Fairview

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<sup>4</sup> Joyce Rooms, Fairview Community Unit opened in September 2011 and acute admissions from St Ita's Hospital transferred to Joyce Rooms thereafter. St Ita's Hospital used seclusion in 2008, 2009, 2010 and 2011 but did not use seclusion in 2012. This may account for some of the increase in seclusion in Joyce Rooms.

both reported increases in the use of seclusion between 2011 and 2012 but the remaining four all reported decreases.

Seclusion decreased for the third year running in Acute Psychiatric Unit AMNCH, Tallaght, St Brigid's Hospital, Ardee; St Brendan's Hospital; St Finan's Hospital; St John of God Hospital Limited; St Joseph's Intellectual Disability Services.

**Table 2: Approved Centres. Episodes of seclusion. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population.**

Catchment Areas	Approved Centres/Mental Health Service	Numbers					Percentages	
		2008	2009	2010	2011	2012	Difference	% Change
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>								
Dun Laoghaire	Cluain Mhuire (public patients admitted to St John of God Hospital Ltd.)	-	-	-	-	79	-	-
East Wicklow	Newcastle Hospital	52	58	38	41	29	-12	-29.3
<b>Total Dun Laoghaire/Dublin South-East &amp; Wicklow<sup>a</sup></b>		<b>52</b>	<b>58</b>	<b>38</b>	<b>41</b>	<b>108</b>	<b>-</b>	<b>-</b>
Rate per 100,000 population		26.0	29.0	19.0	16.9	25.3		
<b>Dublin West/South West &amp; South City</b>								
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	36	33	52	39	28	-11	-28.2
<b>Total Dublin West/South West &amp; South City</b>		<b>36</b>	<b>33</b>	<b>52</b>	<b>39</b>	<b>28</b>	<b>-11</b>	<b>-28.2</b>
Rate per 100,000 population		9.2	8.5	13.3	9.5	6.8		
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>								
Kildare/ West Wicklow	Lakeview Unit, Naas General Hospital	180	194	32	60	74	14	23.3
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	45	31	48	20	41	21	105.0
Longford/Westmeath	St Loman's Hospital, Mullingar	39	81	49	57	29	-28	-49.1
<b>Total Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>		<b>264</b>	<b>306</b>	<b>129</b>	<b>137</b>	<b>144</b>	<b>7</b>	<b>5.1</b>
Rate per 100,000 population		57.7	66.9	28.2	26.7	28.1		
<b>Cavan/Monaghan/Louth &amp; Meath</b>								
Louth/Meath	St Brigid's Hospital, Ardee	75	45	70	46	20	-26	-56.5
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	57	35	20	27	9	-18	-66.7
<b>Total Cavan/Monaghan/Louth &amp; Meath</b>		<b>132</b>	<b>80</b>	<b>90</b>	<b>73</b>	<b>29</b>	<b>-44</b>	<b>-60.3</b>
Rate per 100,000 population		33.8	20.5	23.0	16.7	6.6		
<b>Dublin North</b>								
Dublin North	Joyce Rooms, Fairview Community Unit	-	-	-	18	87	69	383.3
Dublin North	St Ita's Hospital - Mental Health Services	60	81	61	40	-	-	-
<b>Total Dublin North</b>		<b>60</b>	<b>81</b>	<b>61</b>	<b>58</b>	<b>87</b>	<b>29</b>	<b>50.0</b>
Rate per 100,000 population		27.0	36.5	27.5	23.7	35.6		



**Table 2: Approved Centres. Episodes of seclusion. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers					Difference	% Change
		2008	2009	2010	2011	2012		
<b>Dublin North Central &amp; North West</b>								
Dublin North Central	St Vincent's Hospital, Fairview	30	20	18	24	86	62	258.3
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	12	17	22	7	19	12	171.4
Dublin North West	Department of Psychiatry, Connolly Hospital	-	-	-	59	45	-14	-23.7
Dublin North West	St Brendan's Hospital	505	313	487	81	57	-24	-29.6
<b>Total Dublin North Central &amp; North West</b>		<b>547</b>	<b>350</b>	<b>527</b>	<b>171</b>	<b>207</b>	<b>36</b>	<b>21.1</b>
Rate per 100,000 population		175.0	112.0	168.6	50.7	61.4		
<b>North Lee &amp; North Cork</b>								
North Lee	Carraig Mór Centre	7	7	<5	7	<5	-	-
<b>Total North Lee &amp; North Cork</b>		<b>7</b>	<b>7</b>	<b>&lt;5</b>	<b>7</b>	<b>&lt;5</b>	<b>-</b>	<b>-</b>
Rate per 100,000 population		2.8	2.8	1.2	2.6	0.7		
<b>South Lee/West Cork &amp; Kerry</b>								
Kerry	St Finan's Hospital	41	6	<5	<5	0	-	-
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	17	12	7	20	31	11	55.0
<b>Total South Lee/West Cork &amp; Kerry</b>		<b>58</b>	<b>18</b>	<b>-</b>	<b>-</b>	<b>31</b>	<b>-</b>	<b>-</b>
Rate per 100,000 population		15.6	4.8	2.4	5.3	7.9		
<b>Waterford &amp; Wexford</b>								
Waterford	Department of Psychiatry, Waterford Regional	53	115	41	105	90	-15	-14.3
Waterford	St Otteran's Hospital	15	0	0	0	0	-	-
Wexford	St Senan's Hospital	61	78	57	21	7	-14	-66.7
<b>Total Waterford &amp; Wexford</b>		<b>129</b>	<b>193</b>	<b>98</b>	<b>126</b>	<b>97</b>	<b>-29</b>	<b>-23.0</b>
Rate per 100,000 population		50.5	75.5	38.3	50.3	38.7		

**Table 2: Approved Centres. Episodes of seclusion. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population. Continued.**

Catchment Areas	Approved Centres	Numbers					Difference	% Change
		2008	2009	2010	2011	2012		
<b>Carlow/Kilkenny &amp; South Tipperary</b>								
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	27	25	21	24	45	21	87.5
South Tipperary	St Michael's Unit, South Tipperary General Hospital	41	40	37	21	8	-13	61.9
South Tipperary	St Luke's Hospital, Clonmel	26	17	0	0	0	-	-
<b>Total Carlow/Kilkenny &amp; South Tipperary</b>		<b>94</b>	<b>82</b>	<b>58</b>	<b>45</b>	<b>53</b>	<b>8</b>	<b>17.8</b>
Rate per 100,000 population		45.7	40.0	28.2	20.6	24.2		
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>								
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	30	22	11	8	24	16	200.0
<b>Total Donegal/Sligo/Leitrim &amp; West Cavan</b>		<b>30</b>	<b>22</b>	<b>11</b>	<b>8</b>	<b>24</b>	<b>16</b>	<b>200.0</b>
Rate per 100,000 population		12.6	9.2	4.6	3.1	9.2		
<b>Mid West</b>								
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	43	112	24	34	29	-5	-14.7
<b>Total Mid West</b>		<b>43</b>	<b>112</b>	<b>24</b>	<b>34</b>	<b>29</b>	<b>-5</b>	<b>-14.7</b>
Rate per 100,000 population		11.9	31.0	6.6	8.9	7.6		
<b>West</b>								
East Galway	St Brigid's Hospital, Ballinasloe	12	31	27	15	16	1	6.7
Mayo	Adult Mental Health Unit, Mayo General Hospital	49	63	46	118	69	-49	41.5
Roscommon	Department of Psychiatry, County Hospital Roscommon	223	78	29	18	19	1	5.6
West Galway	Department of Psychiatry, University College Hospital Galway	17	32	21	54	43	-11	-20.4
<b>Total West</b>		<b>301</b>	<b>204</b>	<b>123</b>	<b>205</b>	<b>147</b>	<b>-58</b>	<b>-28.3</b>
Rate per 100,000 population		72.6	49.2	29.7	46.0	33.0		
<b>National Forensic Service</b>								
National Forensic Service	Central Mental Hospital	104	99	168	175	133	-42	-24.0

**Table 2: Approved Centres. Episodes of seclusion. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers					Percentages	
		2008	2009	2010	2011	2012	Difference	% Change
<b>National ID Service</b>								
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	540	692	711	369	231	-138	-37.4
<b>Child and Adolescent</b>								
Child and Adolescent Service	Adolescent In-patient Unit, St Vincent's Hospital	-	0	<5	5	<5	-	-
Child and Adolescent Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital	-	-	-	9	12	3	33.3
<b>Total Child and Adolescent Services</b>		-	<b>0</b>	<b>&lt;5</b>	<b>14</b>	-	-	-
<b>Independent</b>								
N/A	Palmerstown View, Stewart's Hospital	67	23	32	7	-	-	-
N/A	St John of God Hospital Limited	178	157	236	153	38 (117)	-115 (-36)	-75.2 (-23.5)
<b>Total Independent</b>		<b>245</b>	<b>180</b>	<b>268</b>	<b>160</b>	<b>38</b>	-	-
<b>Total</b>	<b>All Approved Centres</b>	<b>2,642</b>	<b>2,517</b>	<b>2,371</b>	<b>1,683</b>	<b>1,403</b>	<b>-280</b>	<b>-16.6</b>
Rate per 100,000 population		62.3	59.4	55.9	36.7	30.6		

a The difference and percentage change between 2011 and 2012 is not calculated for Dun Laoghaire/Dublin South-East & Wicklow as 2012 was the first year that separate data was provided for Cluain Mhuire (public patients) admitted to St John of God Hospital Limited.

b St John of God Hospital Limited data for 2012 outside the brackets relates to episodes of physical restraint involving private patients only and inside the brackets includes all episodes of seclusion relating to private and public patients (reported under the Cluain Mhuire service in the Dun Laoghaire/Dublin South-East & Wicklow catchment area).

c The difference and percentage change between 2011 and 2012 is not calculated for the Independent sector as 2012 was the first year that separate data was provided for Cluain Mhuire (public patients) admitted to St John of God Hospital Limited; reported under the Dun Laoghaire/Dublin South-East & Wicklow catchment area.

**Notes:**

<5: given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes of seclusion was <5 in a reporting year and some calculations have been omitted as a result.

**Rates of seclusion per 100,000** are calculated by multiplying the number of episodes of seclusion in each super-catchment area by 100,000 and dividing by the total population of the super catchment area. Rates per 100,000 population are not calculated for the National Forensic Service, the St Joseph's Intellectual Disability Service and the independent sector as admissions to these services are from patients on a national basis

### **3.3 Episodes of Seclusion and Number of Residents Secluded**

A total of 505 individuals were placed in seclusion on 1,403 separate occasions in 2012, which equates to an average of 2.8 episodes of seclusion per individual. The majority of individuals (311) were placed in seclusion on one occasion in 2012 and the remainder (194) were placed in seclusion on more than one occasion. Twenty-two residents were secluded ten or more separate times in 2012.

Table 3 shows the number of episodes of seclusion and the number of individuals that were secluded, in 2012, in each approved centre. It also shows the average number of seclusion episodes per individual placed in seclusion in each approved centre. This highest average number of episodes per individual was recorded in St Joseph's Intellectual Disability Service (15.4), followed by 4.6 episodes per individual in the Adult Mental Health Unit, Mayo General Hospital. Four approved centres recorded an average of 1.3 episodes per individual; they were the Acute Psychiatric Unit AMNCH, Tallaght, the Department of Psychiatry, Our Lady's Hospital, Navan, St Loman's Hospital, Mullingar and St Michael's Unit, South Tipperary General Hospital.

Seclusion was highest in St Joseph's Intellectual Disability Service (231), a national service with 141 beds, however, these episodes related to 15 individuals. Fifteen other approved centres reported that they had secluded more than 15 individuals in 2012 with total episodes of seclusion ranging from 24 to 133 episodes in these approved centres.

Three approved centres/mental health services secluded over 30 individuals in 2012, they were Central Mental Hospital (133 episodes of seclusion which related to 37 individuals), Department of Psychiatry, Waterford Regional Hospital (90 episodes of seclusion involving 35 individuals) and Cluain Mhuire (79 episodes of seclusion linked to 35 individuals).

**Table 3: Seclusion Episodes and Number of Individuals secluded. Average seclusion episodes per individuals secluded. Admissions and Beds. 2012. Numbers.**

Catchment Areas	Approved Centres	Numbers				
		Total Episodes	Individuals secluded	Average episodes per individual	Total admissions	Beds
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>						
Cluain Mhuire	Cluain Mhuire (public patients admitted to St John of God Hospital Ltd.)	79	35	2.3	311	32
East Wicklow	Newcastle Hospital	29	21	1.4	480	51
<b>Dublin West/South West &amp; South City</b>						
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	28	21	1.3	633	52
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>						
Kildare/ West Wicklow	Lakeview Unit, Naas General Hospital	74	22	3.4	431	29
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	41	22	1.9	498	39
Longford/ Westmeath	St Loman's Hospital, Mullingar	29	22	1.3	369	81
<b>Cavan/Monaghan/Louth &amp; Meath</b>						
Louth/Meath	St Brigid's Hospital, Ardee	20	13	1.5	327	50
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	9	7	1.3	349	25
<b>Dublin North</b>						
Dublin North	Joyce Rooms, Fairview Community Unit	87	28	3.1	389	24
<b>Dublin North Central &amp; North West</b>						
Dublin North Central	St Aloysius Ward, Mater Misericordiae University Hospital	19	12	1.6	188	15
Dublin North Central	St Vincent's Hospital, Fairview	86	23	3.7	538	59
Dublin North West	Department of Psychiatry, Connolly Hospital	45	26	1.7	687	49
Dublin North West	St Brendan's Hospital	57	18	3.2	44	56

**Table 3: Seclusion Episodes and Number of Individuals secluded. Average seclusion episodes per individuals secluded. Admissions and Beds. 2012. Numbers.**

Catchment Areas	Approved Centres	Numbers				
		Total Episodes	Individuals secluded	Average episodes per individual	Total admissions	Beds
<b>North Lee &amp; North Cork</b>						
North Lee	Carraig Mór Centre	<5	< 5	-	83	39
<b>South Lee/West Cork &amp; Kerry</b>						
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	31	10	3.1	699	43
<b>Waterford &amp; Wexford</b>						
Waterford	Department of Psychiatry, Waterford Regional Hospital	90	34	2.6	711	44
Wexford	St Senan's Hospital	7	<5	-	27	46
<b>Carlow/Kilkenny &amp; South Tipperary</b>						
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	45	27	1.7	591	44
South Tipperary	St Michael's Unit, South Tipperary General Hospital	8	6	1.3	192	49
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>						
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	24	17	1.4	489	50
<b>Mid-West Limerick, North Tipperary, Clare</b>						
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	29	12	2.4	578	39
<b>West</b>						
East Galway	St Brigid's Hospital, Ballinasloe	16	7	2.3	309	44
Mayo	Adult Mental Health Unit, Mayo General Hospital	69	15	4.6	429	32
Roscommon	Department of Psychiatry, County Hospital Roscommon	19	11	1.7	319	22
West Galway	Department of Psychiatry, University College Hospital Galway	43	12	3.6	515	35

**Table 3: Seclusion Episodes and Number of Individuals secluded. Average seclusion episodes per individuals secluded. Admissions and Beds. 2012. Numbers.**

Catchment Areas	Approved Centres	Numbers				
		Total Episodes	Individuals secluded	Ratio of episodes to individuals	Total admissions	Beds
<b>National Forensic Service</b>						
National Forensic Service	Central Mental Hospital	133	37	3.6	65	94
<b>National Mental Health Intellectual Disability Service</b>						
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	231	15	15.4	3	141
<b>Child and Adolescent Service</b>						
Child and Adolescent Service	Adolescent In-patient Unit, St Vincent's Hospital	<5	<5	-	36	6
Child and Adolescent Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital	12	7	1.7	71	20
<b>Independent</b>						
N/A	St John of God Hospital Limited (private patients)	38	19	2	1,079	151

**Notes:**

**<5:** given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes of seclusion or the number of individuals secluded was less than five in an approved centre in 2012. Some calculations have been omitted as a result.

**Admissions:** Adult admission data are sourced from the HRB Statistics Series 20 – Activities of Irish Psychiatric Units and Hospitals 2012. Child Admission data are sourced from monthly data returns received by the Mental Health Commission.

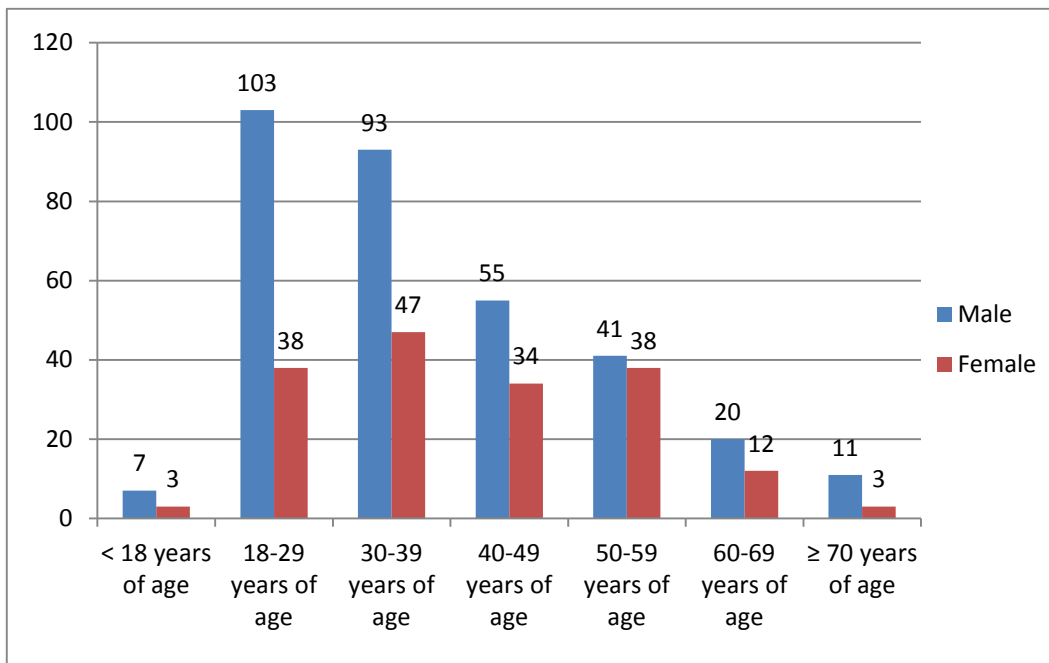
**Beds:** Beds relate to number of beds in 2012. This figure is sourced from the approved centre's 2012 Inspection Report. If there was no inspection in 2012 the figure is sourced from the number of beds recorded on the Register of Approved Centres in 2012.

### Age and Gender

Almost twice as many males 65.3% (330/505) as females 34.7% (175/505) were secluded in 2012. Figure 1 shows that over half (281/505) of all individuals placed in seclusion were between the ages of 18 to 39 years of age; 141 of whom were in the 18 and 29 years of age category and 140 in the 30 and 39 years of age category. More males than females were placed in seclusion in all age categories, particularly in the 18 to 29 years of age and 30 to 39 years of age groups. A small number of children (10) were placed in seclusion in 2012, 2/10 were secluded while they were admitted to adult units.

The majority, 93.5% (472) of individuals that were placed in seclusion were from the general adult psychiatry population (between the ages of 18 and 64 years of age), 4.5% (23) were from the psychiatry of old age patient cohort (65 years of age and older) and 2% (10) were from the child and adolescent psychiatry category (under 18 years of age).

**Figure 1: Residents placed in seclusion. Gender and Age category. 2012. Numbers**



### 3.5 Duration of Seclusion and Time Commenced

Provisions 3.3 and 3.4 of *The Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint*, both state that: “A seclusion order must not be made for a period of time longer than eight hours from the commencement of the seclusion episode” (MHC, 2009, p. 19-20). However, an episode of seclusion may be extended by an order made by a doctor for further periods (See Rules 6.1, 6.2, 6.3 and



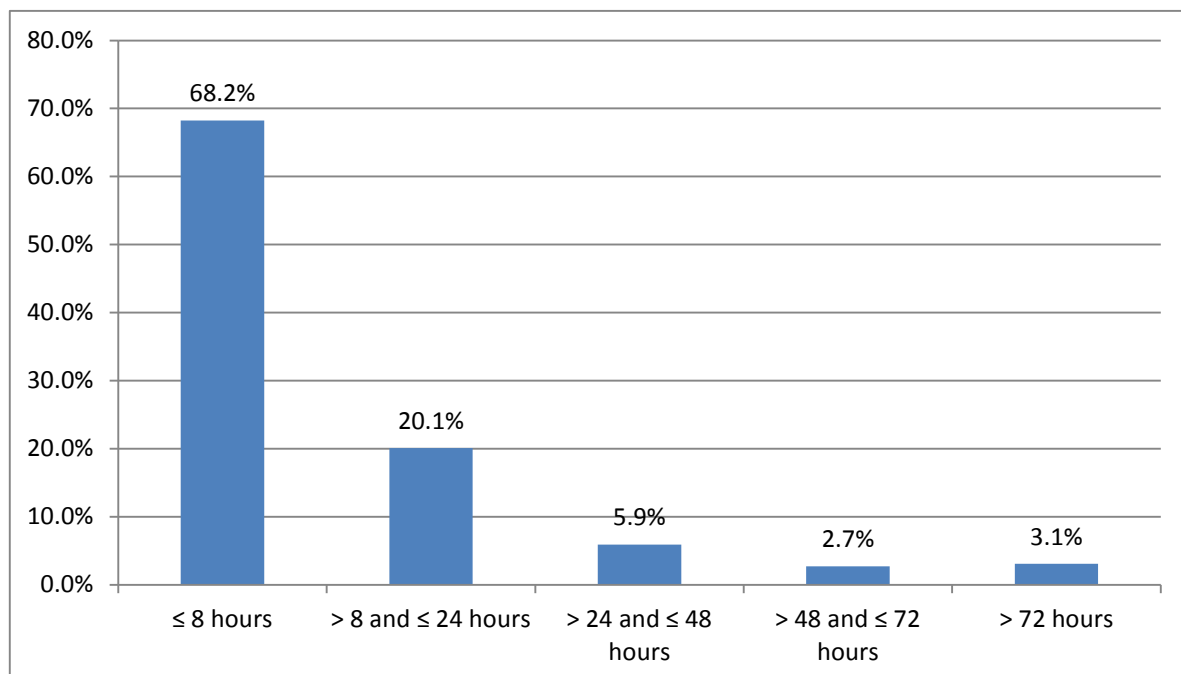
6.4) and on very rare occasions can last for more than 72 hours. One key principle which must underpin the use of seclusion is that it is not prolonged beyond the period which is strictly necessary to prevent immediate and serious harm to the patient or others.

Duration of seclusion was not available for three episodes of seclusion and therefore these episodes are excluded from the analysis.

The mean duration of seclusion nationally was 15 hours and 35 minutes and the median duration was four hours and 20 minutes. When episodes of seclusion exceeding 72 hours were excluded the mean duration was 9 hours 29 minutes and the median duration was 4 hours and five minutes. The average duration of episodes which lasted for eight hours or less was three hours and 28 minutes.

Figure 2 shows that the majority (68.2%) of seclusion in 2012 lasted for eight hours or less, 20.1% lasted more than eight and up to 24 hours and the remainder lasted for more than 24 hours with 3.1% lasting for longer than 72 hours. A further breakdown of duration under each of these categories is available in Appendix 3.

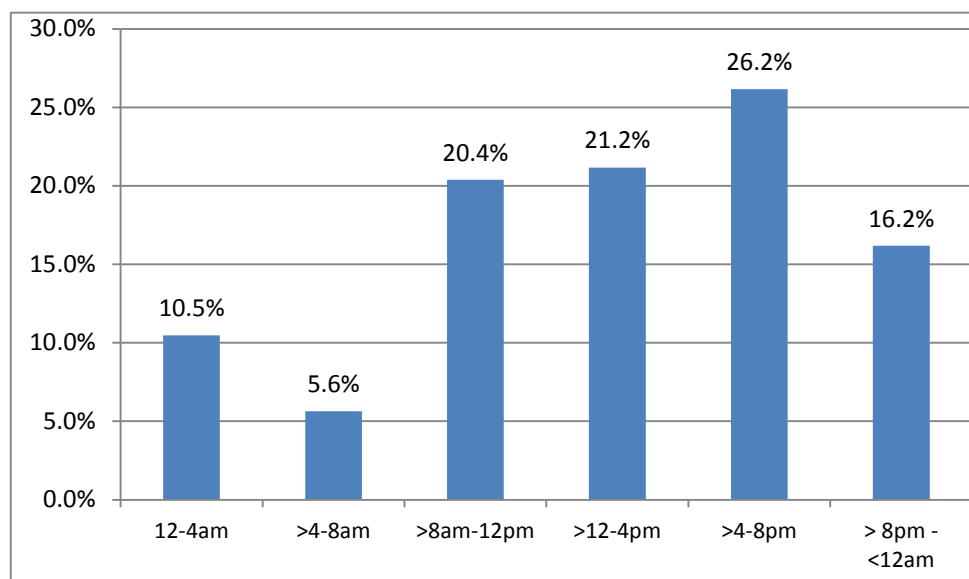
**Figure 2: Episodes of seclusion. Duration. 2012 Percentages.**



**Note:** Analysis is based on 1,400/1,403 episodes of seclusion as duration was not available for three episodes.

Figure 3 shows a breakdown of time seclusion was commenced, which has been grouped into six four-hour time slots throughout the day. A higher proportion (67.8%) of seclusion was commenced or initiated between the daytime hours of 8am to 8pm. Just over a quarter (26.2%) of seclusion was commenced between 4pm and 8pm. The smallest percentage of seclusion (5.6%) was initiated between 4am and 8am.

**Figure 3: Episodes of seclusion. Time seclusion commenced. 2012 Percentages.**



### 3.6 Duration of Seclusion in Individual Approved Centres

The national mean duration of seclusion was 15 hours and 35 minutes and the median duration was four hours and 20 minutes. Table 4 shows the total number of episodes of seclusion, total hours of seclusion, the mean and median duration and a breakdown of seclusion in three duration categories, in each approved centre in 2012.

Four approved centres reported that all of their seclusion lasted eight hours or less in 2012, they were the Acute Psychiatric Unit in Ennis (mean duration 1 hour 43 minutes, median duration 1 hour 30 minutes and a total of 49 hours 59 minutes of seclusion), St Brigid's Hospital Ballinasloe (mean duration 1 hour 26 minutes, median duration 1 hour 11 minutes, and a total of 23 hours and 1 minute of seclusion), St Senan's Hospital (mean duration 5 hours 17 minutes, median duration 6 hours, and a total of 37 hours 2 minutes of seclusion) and Carraig Mór Centre (mean and median duration was 1 hour 56 minutes and total duration of seclusion was 3 hours 52 minutes).

Over 95% of seclusion lasted less than eight hours in a further three approved centres: St Joseph's Intellectual Disability Service (mean duration 3 hours 15 minutes, median duration 3 hours and a total of 751 hours 46 minutes of seclusion), Acute Mental Health Admission Unit, Kerry General Hospital (mean duration 2 hours 25 minutes, median duration 1 hour 10 minutes and a total of 73 hours 51 minutes of seclusion) and Department of Psychiatry, University Hospital Galway (mean duration 3 hours 27 minutes, median duration 3 hours and a total of 148 hours 47 minutes).

In seven approved centres the majority of seclusion lasted for more than eight hours with over 70% of seclusion lasting longer than eight hours in 3/7 approved centres. They were the Department of Psychiatry, St Luke's Hospital, Kilkenny (mean duration 33 hours 46 minutes, median duration 13 hours and a total of 1,519 hours 33 minutes of seclusion); the Central Mental Hospital (mean duration 55 hours 48 minutes, median duration 20 hours 50 minutes and a total of 7,421 hours and 58 minutes of seclusion) and St Aloysius Ward, Mater Misericordiae University Hospital (mean duration 29 hours 16 minutes, median duration 23 hours and a total of 556 hours and 20 minutes of seclusion).

Seven approved centres recorded over 1,000 hours of seclusion in 2012. The highest number of hours was reported by the Central Mental Hospital (7,421 hours and 58 minutes), followed by the Department of Psychiatry, St Luke's Hospital in Kilkenny (1,519 hours and 33 minutes); St Brendan's Hospital (1,410 hours 37 minutes), Cluain Mhuire service (1,227 hours 20 minutes); Sligo/Leitrim Mental Health In-patient Unit (1,165 hours and 18 minutes), St Vincent's Hospital in Fairview (1,096 hours and 32 minutes); Department of Psychiatry, Midland Regional Hospital, Portlaoise (1,019 hours 39 minutes).

Thirteen approved centres reported one or more episodes of seclusion that lasted longer than 72 hours. Over 10% of seclusion episodes exceeded 72 hours in four approved centres; St Michael's Unit South Tipperary General Hospital (1/8 episodes); Department of Psychiatry, St Luke's Hospital, Kilkenny (6/45 episodes); Sligo/Leitrim Mental Health In-patient Unit (3/24 episodes) and Central Mental Hospital (15/133 episodes).

Twelve approved centres recorded a mean and median duration of seclusion which was less than eight hours. None of these approved centres reported any episode of seclusion that exceeded 72 hours and the proportion of episodes which lasted between eight and 72 hours accounted for less than one-third of their seclusion episodes.

**Table 4: Approved Centres. Total seclusion episodes. Total hours of seclusion. Mean and Median duration 2012. Duration of seclusion category. Numbers and Hours and minutes**

Catchment Areas	Approved Centres	Numbers	Hours (h) & minutes (m)			Numbers		
		Total Episodes	Total hours of seclusion	Mean duration	Median duration	≤ 8 hours	> 8 and ≤ 72 hours	> 72 hours
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>								
Cluain Mhuire	Cluain Mhuire (public patients admitted to St John of God Hospital)	79	1,227h 20m	15h 32m	06h 45m	42	33	4
East Wicklow	Newcastle Hospital	29	614h 10m	21h 10m	13h 00m	12	16	1
<b>Dublin West/South West &amp; South City</b>								
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	28	282h 07m	10h 04m	04h 05m	22	5	1
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>								
Kildare West/Wicklow	Lakeview Unit, Naas General Hospital	74	931h 01m	12h 34m	10h 37m	32	42	0
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	41	1,019h 39m	24h 52m	08h 00m	21	17	3
Longford/ Westmeath	St Loman's Hospital, Mullingar	29	120h 21m	04h 09m	03h 00m	26	3	0
<b>Cavan/Monaghan/Louth &amp; Meath</b>								
Louth/Meath	St Brigid's Hospital, Ardee	20	170h 04m	08h 30m	05h 32m	11	9	0
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	09	100h 10m	11:07	04h 05m	5	4	0
<b>Dublin North</b>								
Dublin North	Joyce Rooms, Fairview Community Unit	87	629h 37m	07h 14m	03h 55m	72	15	0
<b>Dublin North Central &amp; North West</b>								
Dublin North Central	St Aloysius Ward, Mater Misericordiae University Hospital	19	556h 20m	29h 16m	23h 00m	0	18	1
Dublin North Central	St Vincent's Hospital	86	1,096h 32m	12h 45m	04h 02m	62	22	2
Dublin North West	Department of Psychiatry, Connolly Hospital	44 <sup>a</sup>	544h 33m	12h 22m	06h 12m	30	13	1
Dublin North West	St Brendan's Hospital	57	1,410h 37m	24h 44m	15h 59m	22	32	3

**Table 4: Approved Centres. Total seclusion episodes. Total hours of seclusion. Mean and Median duration 2012. Duration of seclusion category. continued**

Catchment Areas	Approved Centres	Numbers	Hours (h) & minutes (m)			Numbers		
		Total Episodes	Total hours of seclusion	Mean duration	Median duration	≤ 8 hours	> 8 and ≤ 72 hours	> 72 hours
<b>North Lee &amp; North Cork</b>								
North Lee	Carraig Mór Centre	<5	03h 52m	01h 56m	01h 56m	<5	0	0
<b>South Lee/West Cork &amp; Kerry</b>								
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	31	73h 51m	02h 25m	01h 10m	30	1	0
<b>Waterford &amp; Wexford</b>								
Waterford	Department of Psychiatry, Waterford Regional Hospital	88 <sup>b</sup>	610h 33m	06h 56m	03h 48m	69	18	1
Wexford	St Senan's Hospital	07	37h 02m	05h 17m	06h 00m	7	0	0
<b>Carlow/Kilkenny &amp; South Tipperary</b>								
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	45	1,519h 33m	33h 46m	13h 00m	21	18	6
South Tipperary	St Michael's Unit, South Tipperary General Hospital	08	177h 08m	22h 08m	03h 44m	5	2	1
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>								
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	24	1,165h 18m	48h 33m	17h 10m	8	13	3
<b>Mid-West Limerick, North Tipperary, Clare</b>								
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	29	49h 59m	01h 43m	01h 30m	29	0	0
<b>West</b>								
East Galway	St Brigid's Hospital, Ballinasloe	16	23h 01m	01h 26m	01h 11m	16	0	0
Mayo	Adult Mental Health Unit, Mayo General Hospital	69	305h 39m	04h 25m	03h 00m	62	7	0
Roscommon	Department of Psychiatry, County Hospital Roscommon	19	280h 26m	14h 45m	08h 00m	10	8	1
West Galway	Department of Psychiatry, University College Hospital Galway	43	148h 47m	03h 27m	03h 00m	41	2	0

**Table 4: Approved Centres. Total seclusion episodes. Total hours of seclusion. Mean and Median duration 2012. Duration of seclusion category. continued**

Catchment Areas	Approved Centres	Total Episodes	Total hours of seclusion	Mean duration	Median duration	≤ 8 hours	> 8 and ≤ 72 hours	> 72 hours
<b>National Forensic Service</b>								
National Forensic Service	Central Mental Hospital	133	7,421h 58m	55h 48m	20h 50m	35	83	15
<b>National Mental Health Intellectual Disability Service</b>								
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	231	751h 46m	03h 15m	03h 00m	230	1	0
<b>Child and Adolescent Service</b>								
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	<5	23h 25m	07h 48m	06h 20m	<5	<5	0
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital	12	135h 22m	11h 16m	05h 45m	7	5	0
<b>Independent</b>								
N/A	St John of God Hospital Limited (private patients)	38	384h 49m	10h 07m	07h 04m	24	14	0
<b>Total All Approved Centres<sup>c</sup></b>		<b>1,403</b>	<b>2,1814h 56m</b>	<b>15h 35m</b>	<b>04h 20m</b>	<b>955</b>	<b>402</b>	<b>43</b>

a The duration of 1 seclusion episode was not recorded by the Department of Psychiatry, Connolly Hospital in 2012. Table 4 only shows data for 44/45 seclusion episodes.

b The duration of 2 seclusion episodes were not recorded by the Department of Psychiatry, Waterford Regional Hospital in 2012. Table 4 only shows data for 88/90 seclusion episodes.

c The duration of 3 seclusion episodes were not available nationally. Total hours of seclusion, mean and median duration and breakdown of duration under categories include data for 1,400/1,403 episodes.

**Notes:**

<5: given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes of seclusion was less than five in an approved centre in 2012 and some calculations have been omitted as a result.

## 4. Use of Mechanical Means of Bodily Restraint in 2012

### 4.1 Recording Episodes of Mechanical Restraint

The Rules Governing the Use of Seclusion and Mechanical Means of Bodily Restraint state that all uses of mechanical restraint for immediate threat of serious harm to self or others must be clearly recorded, as soon as is practicable, on the Register for Mechanical Means of Bodily Restraint. Data in this report were also collated from each approved centre's Register for Mechanical Means of Bodily Restraint and returned to the Commission in four quarterly reports using a prescribed template (see Appendix 1) in the same manner as that for seclusion. Part 5 of the Rules state that mechanical means of bodily restraint for enduring risk of harm to self or others ordered under Rule 21.3 is not required to be entered on the *Register for Mechanical Means of Bodily Restraint for Immediate Threat to Self or Others*. Such episodes of mechanical restraint are not reported to the Mental Health Commission or included in this activity report.

Mechanical restraint is defined in the Rules as "*the use of devices or bodily garments for the purpose of preventing or limiting the free movement of a patient's body*". Version 2 of the Rules specifies that "*The use of cot sides or bed rails to prevent a patient from falling or slipping from his or her bed does not constitute mechanical means of bodily restraint under these Rules.*"

Table 1 showed that in 2012, there were zero episodes of mechanical means of bodily restraint reported to the Commission. Sixty-one (89.7%) approved centres reported that they did not use mechanical restraint, up from 59 in 2011. Seven (10.3%) approved centres indicated that they use mechanical restraint but did not record any episodes of mechanical restraint during the year. When the Rules were revised in 2010 they clarified that the use of cot sides or bed rails does not constitute mechanical restraint, which may have contributed to the increase in the number of approved centres reporting that they do not use mechanical means of bodily restraint to prevent immediate threat to self or others from 2008 (35). For previous years data on the use of mechanical restraint please see our 2010 seclusion and restraint activities report available on our website <http://www.mhcirl.ie>.

## 5. Use of Physical Restraint in 2012

### 5.1 Recording Episodes of Physical Restraint

The *Code of Practice on the Use of Physical Restraint in Approved Centres* states that all uses of physical restraint should be clearly recorded, as soon as is practicable, on the Clinical Practice Form for Physical Restraint. Data in this report were collated from each approved centre's book of Clinical Practice Forms and returned to the Commission in four quarterly reports using a prescribed template (see Appendix 1).

Physical restraint is defined in Version 2 of the Code of Practice as *"the use of physical force (by one or more persons) for the purpose of preventing the free movement of a resident's body when he or she poses an immediate threat of serious harm to self or others"*. Version 2 of the Code of Practice included an amendment which specified that the maximum duration of a physical restraint order is 30 minutes. This is the third year in which this provision applied.

We present data on the number of physical restraint episodes, rate of physical restraint episodes per 100,000 population, residents restrained, gender breakdown and the duration of such restraint. Data are presented for all of 2012. Data on the number of physical restraint episodes and the duration of physical restraint are presented nationally, by super catchment area and service type and by individual approved centre.

Table 1 showed that in 2012, 52 (76.5%) approved centres recorded episodes of physical restraint and ten (14.7%) centres indicated that they do not use physical restraint. Six (8.8%) approved centres did not record any episodes of physical restraint during the year.

### 5.2 Physical Restraint Episodes by Super Catchment Area, Approved Centre and Service Type

There were a total of 3,063 episodes of physical restraint reported in 52 approved centres in 2012 which is equivalent to a rate of 66.8 per 100,000 population. This represents a decrease of nine episodes on the number of episodes in 2011<sup>5</sup>. Table 5 shows the number of physical restraint episodes in individual approved centres for 2008, 2009, 2010, 2011 and 2012 and the difference and percentage change from 2011 to 2012. Data are also broken down by super-catchment area and

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<sup>5</sup> 2011 physical restraint data was updated subsequent to findings during the MHC data review carried out in 2013. Physical restraint was under-reported by one approved centre in 2011.



service type. Only approved centres and super-catchment areas in which the use of physical restraint was recorded in any of these five years are displayed in the table. Rates of physical restraint per 100,000 population are also shown for each super-catchment area. Section 5.6 examines the duration of physical restraint in individual approved centres and should also be considered when comparing use between approved centres.

Physical restraint was used within approved centres in all 13 super-catchment areas in 2012. Dublin North Central & North West reported the highest number of episodes (468) and the highest rate per 100,000 population (138.8), for the fifth year in a row. Cavan/Monaghan/Louth & Meath had the second highest number of episodes (285) and the third highest rate per 100,000 (65.2). Dublin North reported the second highest rate per 100,000 (81.0) and the fourth highest number of episodes of physical restraint (198). Dublin West/South West & South City reported the third highest number of episodes of physical restraint (200) and the fifth highest rate (48.5). North Lee & North Cork reported the fourth highest rate (50.1) but only the eighth highest number of episodes of physical restraint (136).

Physical restraint use was reported by all Child & Adolescent Services; there were 135 episodes of physical restraint in 2012 which represents a decrease of 36.9% in comparison to 2011 (214).

The use of physical restraint was highest in St Vincent's Hospital in Fairview, it reported a total of 315 episodes and an increase of 81% in the use of physical restraint in comparison to 2011 (174). St Joseph's Intellectual Disability Services reported the second highest number of episodes of physical restraint (244). Their use of physical restraint was down for the second year in a row with a 33.3% decrease in use in 2012, in comparison to 2011 (366). They indicated that the introduction of a seclusion and restraint reduction strategy and the discharge of an individual service user (who had a high number of episodes of physical restraint in previous years and in the earlier part of 2012) contributed to this decrease.

The National Forensic Service – Central Mental Hospital reported the third highest number of episodes of physical restraint (215) in 2012 up slightly on physical restraint recorded in 2011 (205). A further five approved centres reported over 100 episodes of physical restraint in 2012. They were Joyce Rooms, Fairview Community Unit in Dublin (181); St Brigid's Hospital in Ardee (162); St Patrick's University Hospital (156); the Acute Psychiatric Unit (AMNCH) in Tallaght (121) and St Michael's Unit, Mercy Hospital in Cork (101). All approved centres, which recorded over 100

episodes of physical restraint in 2012, with the exception of St Joseph's Intellectual Disability Service and the Acute Psychiatric Unit in Tallaght reported increased use of physical restraint in 2012 in comparison to 2011.

Twenty-two approved centres reported an increase in the use of physical restraint in 2012 in comparison to 2011 and use decreased in 31 approved centres.

**Table 5: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population.**

Catchment Areas	Approved Centres	Numbers					Difference	%
		2008	2009	2010	2011	2012		
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>								
Dun Laoghaire	Cluain Mhuire (public patients admitted to St John of God Hospital)	-	-	-	-	69	-	-
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	67	35	42	57	52	-5	-8.8
East Wicklow	Newcastle Hospital	46	36	21	28	29	1	3.6
<b>Total Dun Laoghaire/Dublin South-East &amp; Wicklow</b>		<b>113</b>	<b>71</b>	<b>63</b>	<b>85</b>	<b>150</b>	<sup>a</sup>	<sup>a</sup>
Rate per 100,000 population		56.6	35.5	31.5	35.0	35.2		
<b>Dublin West/South West &amp; South City</b>								
Dublin South City	Jonathan Swift Clinic	52	76	85	77	79	2	2.6
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	71	66	85	121	121	0	-
Dublin South West	St Loman's Hospital, Palmerstown	<5	0	0	0	-	-	-
<b>Total Dublin West/South West &amp; South City</b>		<b>124</b>	<b>142</b>	<b>170</b>	<b>198</b>	<b>200</b>	<b>2</b>	<b>1.0</b>
Rate per 100,000 population		31.8	36.4	43.6	48.0	48.5		
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>								
Kildare								
West/Wicklow	Lakeview Unit, Naas General Hospital	7	53	63	108	88	-20	-18.5
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	25	36	72	15	41	26	173.3
Laois/Offaly	St Fintan's Hospital	<5	<5	<5	<5	0	-	-100.0
Longford/Westmeath	St Bridget's Ward & St Marie Goretti's Ward, Cluain Lir Care Centre	-	-	-	-	8	-	-
Longford/Westmeath	St Loman's Hospital, Mullingar	31	40	28	28	19	-9	-32.1
<b>Total Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>156</b>	<b>-</b>	<b>-</b>
Rate per 100,000 population		14.0	28.4	36.1	30.0	30.4		

**Table 5: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers					Difference	%
		2008	2009	2010	2011	2012		
<b>Cavan/Monaghan/Louth &amp; Meath</b>								
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	14	38	70	43	96	53	123.3
Cavan/Monaghan	Blackwater House, St Davnet's Hospital	<5	0	5	7	0	-7	-100.0
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	36	41	38	58	27	-31	-53.4
Louth/Meath	St Brigid's Hospital, Ardee	89	99	84	126	162	36	28.6
<b>Total Cavan/Monaghan/Louth &amp; Meath</b>		<b>-</b>	<b>178</b>	<b>197</b>	<b>234</b>	<b>285</b>	<b>51</b>	<b>21.8</b>
Rate per 100,000 population		36.1	45.6	50.4	53.5	65.2		
<b>Dublin North</b>								
Dublin North	Hawthorn Unit, Connolly Hospital	-	-	-	0	6	6	-
Dublin North	Joyce Rooms, Fairview Community Unit	-	-	-	29	181	152	524.1
Dublin North	O'Casey Rooms, Fairview Community Unit	-	-	-	0	<5	-	-
Dublin North	St Ita's Hospital - Mental Health Services	81	100	81	89	10	-79	-88.8
<b>Total Dublin North</b>		<b>55</b>	<b>100</b>	<b>81</b>	<b>118</b>	<b>-</b>	<b>-</b>	<b>-</b>
Rate per 100,000 population		24.8	45.0	36.5	48.3	81.0		
<b>Dublin North Central &amp; North West</b>								
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	29	23	24	6	18	12	200.0
Dublin North Central	St Vincent's Hospital, Fairview	66	271	109	174	315	141	81.0
Dublin North West	Department of Psychiatry, Connolly Hospital	16	14	19	94	47	-47	-50.0
Dublin North West	St Brendan's Hospital	112	107	131	68	88	20	29.4
<b>Total Dublin North Central &amp; North West</b>		<b>223</b>	<b>415</b>	<b>283</b>	<b>342</b>	<b>468</b>	<b>126</b>	<b>36.8</b>
Rate per 100,000 population		71.4	132.8	90.6	101.4	138.8		

**Table 5: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers					Difference	%
		2008	2009	2010	2011	2012		
<b>North Lee &amp; North Cork</b>								
North Cork	St Stephen's Hospital	24	18	34	33	24	-9	-27.3
North Lee	Carraig Mór Centre	46	7	7	24	11	-13	-54.2
North Lee	St Michael's Unit, Mercy Hospital	47	73	66	77	101	24	31.2
<b>Total North Lee &amp; North Cork</b>		<b>117</b>	<b>98</b>	<b>107</b>	<b>134</b>	<b>136</b>	<b>2</b>	<b>1.5</b>
Rate per 100,000 population		47.1	39.4	43.1	49.4	50.1		
<b>South Lee/West Cork &amp; Kerry</b>								
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	58	55	39	71	54	-17	-23.9
Kerry	St Finan's Hospital	17	<5	6	9	0	-9	-100.0
South Lee	South Lee Mental Health Unit, Cork University Hospital	10	61	42	70	54	-16	-22.9
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	10	14	23	19	13	-6	-31.6
<b>Total South Lee/West Cork &amp; Kerry</b>		<b>95</b>	<b>-</b>	<b>110</b>	<b>169</b>	<b>121</b>	<b>-48</b>	<b>-28.4</b>
Rate per 100,000 population		25.5	35.7	29.5	43.0	30.8		
<b>Waterford &amp; Wexford</b>								
Waterford	Department of Psychiatry, Waterford Regional Hospital	26	54	22	49	58	9	18.4
Waterford	St Otteran's Hospital	0	<5	0	0	0	-	-
Wexford	St Senan's Hospital	52	62	40	21	9	-12	-57.1
<b>Total Waterford &amp; Wexford</b>		<b>78</b>	<b>-</b>	<b>62</b>	<b>70</b>	<b>67</b>	<b>-3</b>	<b>-4.3</b>
Rate per 100,000 population		30.5	45.8	24.3	27.9	26.7		
<b>Carlow/Kilkenny &amp; South Tipperary</b>								
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	18	17	20	26	39	13	50.0
South Tipperary	St Luke's Hospital, Clonmel	19	<5	<5	0	0	-	-
South Tipperary	St Michael's Unit, South Tipperary General Hospital	31	48	83	34	13	-21	-61.8
<b>Total Carlow/Kilkenny &amp; South Tipperary</b>		<b>68</b>	<b>67</b>	<b>104</b>	<b>60</b>	<b>52</b>	<b>-8</b>	<b>-13.3</b>
Rate per 100,000 population		33.1	32.6	50.7	27.4	23.8		

**Table 5: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	Numbers					Difference	%
		2008	2009	2010	2011	2012		
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>								
Donegal	Department of Psychiatry, Letterkenny General Hospital	72	86	40	96	69	-27	-28.1
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	44	42	38	23	34	11	47.8
<b>Total Donegal/Sligo/Leitrim &amp; West Cavan</b>		<b>116</b>	<b>128</b>	<b>78</b>	<b>119</b>	<b>103</b>	<b>-16</b>	<b>-13.4</b>
Rate per 100,000 population		48.7	53.7	32.7	45.8	39.7		
<b>Mid-West</b>								
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	91	214	54	66	73	7	10.6
Clare	Orchard Grove	<5	<5	<5	0	-	-	-
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	23	22	14	14	22	8	57.1
Limerick	St Joseph's Hospital	8	<5	<5	6	<5	-	-
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital, Limerick	0	<5	<5	<5	<5	-	-
<b>Total Mid-West</b>		<b>-</b>	<b>240</b>	<b>74</b>	<b>88</b>	<b>97</b>	<b>9</b>	<b>10.2</b>
Rate per 100,000 population		34.6	66.5	20.5	23.2	25.6		
<b>West</b>								
East Galway	St Brigid's Hospital, Ballinasloe	20	47	67	53	44	-9	-17.0
Mayo	Adult Mental Health Unit, Mayo General Hospital	21	27	54	87	58	-29	-33.3
Mayo	An Coillín	0	0	31	9	2	-7	-77.8
Mayo	Teach Aisling	<5	<5	<5	7	5	-2	-28.6
Roscommon	Department of Psychiatry, County Hospital Roscommon	12	11	8	5	28	23	460.0
West Galway	Department of Psychiatry, University College Hospital Galway	20	35	30	59	49	-10	-16.9
<b>Total West</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>220</b>	<b>186</b>	<b>-34</b>	<b>-15.5</b>
Rate per 100,000 population		18.6	29.2	46.3	49.4	41.8		
<b>National Forensic Service</b>								
National Forensic Service	Central Mental Hospital	37	NO DATA	118	205	215	10	4.9

**Table 5: Approved Centres. Episodes of physical restraint. 2008, 2009, 2010, 2011 and 2012. Numbers. Difference 2011-2012. Number and Percentages. Rates per 100,000 population. continued.**

Catchment Areas	Approved Centres	2008	2009	Numbers			Difference	% Change
				2010	2011	2012		
<b>National Mental Health Intellectual Disability Service</b>								
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	251	557	616	366	244	-122	-33.3
<b>Child &amp; Adolescent Services</b>								
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	-	20	46	13	8	-5	-38.5
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital	10	0	18	136	90	-46	-33.8
C&A Service	Eist Linn Child & Adolescent In-patient Unit	-	-	5	49	17	-32	-65.3
C&A Service	Linn Dara Child & Adolescent In-patient Unit <sup>e</sup>	6	8	27	12	19	7	58.3
C&A Service	Willow Grove Adolescent Unit, St Patrick's University Hospital	-	-	<5	<5	<5	-	-
<b>Total Child &amp; Adolescent Services</b>		<b>16</b>	<b>28</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Independent</b>								
N/A	Bloomfield Care Centre	0	0	<5 <sup>b</sup>	18 <sup>b</sup>	43	25	138.9
N/A	Highfield Hospital	-	-	-	-	10	-	-
N/A	Palmerstown View, Stewart's Hospital	73	33	35	9	-	-	-
N/A	St Edmundsbury Hospital	<5	0	0	0	0	-	-
N/A	St John of God Hospital Limited	183	185	304	142	41 (110) <sup>c</sup>	-101 (-32) <sup>c</sup>	-71.1(-22.5) <sup>c</sup>
N/A	St Patrick's University Hospital	166	112	126	127	156	29	22.8
<b>Total Independent</b>		<b>-</b>	<b>330</b>	<b>-</b>	<b>280</b>	<b>250</b>	<sup>d</sup>	<sup>d</sup>
<b>Total</b>	<b>All Approved Centres</b>	<b>2,123</b>	<b>2,855</b>	<b>2,988<sup>e</sup></b>	<b>3,072<sup>e</sup></b>	<b>3,063</b>	<b>-36</b>	<b>-1.2</b>
Rate per 100,000 population		50.1	67.3	70.4	66.9	66.8		

a The difference and percentage change between 2011 and 2012 is not calculated for Dun Laoghaire/Dublin South-East & Wicklow as 2012 was the first year that separate data was provided for Cluain Mhuire (public patients) admitted to St John of God Hospital Limited.

b Bloomfield Care Centre data for 2010 and 2011 were updated subsequent to findings during the mental health data review in 2013.

c St John of God Hospital Limited data for 2012 outside the brackets relates to episodes of physical restraint involving private patients only and inside the brackets includes all episodes of physical restraint relating to private and public patients (reported under the Cluain Mhuire service in the Dun Laoghaire/Dublin South-East & Wicklow catchment area).

- d The difference and percentage change between 2011 and 2012 is not calculated for the Independent sector as 2012 was the first year that separate data was provided for Cluain Mhuire (public patients) admitted to St John of God Hospital Limited; reported under the Dun Laoghaire/Dublin South-East & Wicklow catchment area.*
- e 2010 and 2011 physical restraint data was updated subsequent to findings during the MHC data review carried out in 2013. Physical restraint was under-reported by one approved centre in 2010 and 2011.*

**Notes:**

<5: given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes of physical restraint was less than five in a given year and some calculations have been omitted as a result.

**Rates of physical restraint per 100,000 population** are calculated by multiplying the number of episodes of physical restraint in each super-catchment area by 100,000 and dividing by the total population of the super catchment area (see Appendix 2 for the population of each super-catchment area). Rates per 100,000 population for 2008 - 2010 are based on the CSO 2006 population figures and rates per 100,000 for 2011 are based on the CSO 2011 population figures. Rates per 100,000 population are not calculated for the National Forensic Service, St Josephs' Intellectual Disability Service and the independent sector as admissions to these services are from patients on a national basis.



### **5.3 Episodes of Physical Restraint and Number of Residents Restrained**

A total of 993 individuals were physically restrained on 3,063 separate occasions in 2012, which equates to an average of three episodes of physical restraint per individual restrained. The majority of individuals 58.4% (580/993) were restrained on one occasion in 2012 and the remainder 41.6% (413) were restrained on more than one occasion. Fifty-two residents were physically restrained ten or more separate times, in 2012.

Table 6 shows the number of episodes of physical restraint and the number of individuals that were restrained, in 2012, in each approved centre. It also includes the average number of physical restraint episodes per individual restrained. The highest average number of episodes per individual restrained was recorded in St Joseph's Intellectual Disability Service (14.4 episodes per individual restrained), followed by Linn Dara, Child and Adolescent In-patient Unit (9.5 episodes per individual restrained), Central Mental Hospital (6.7 episodes per individual restrained) and St Brendan's Hospital (6.3 episodes per individual restrained). The average number of episodes per individual restrained was two or less in 17 approved centres, the lowest averages were reported in St Loman's Hospital in Mullingar (1.1 episodes per individual restrained), Acute Psychiatric Unit 5B, Midwestern Regional Hospital (1.2 episodes per individual restrained) and St Michael's Unit, South Tipperary General Hospital (1.4 episodes per individual restrained).

Physical restraint was highest in St Vincent's Hospital in Fairview, a 59-bed unit which had 538 admissions in 2012; they reported 315 episodes of physical restraint which related to 56 individuals. In St Joseph's Intellectual Disability Services there were 244 episodes of physical restraint in 2012 which involved 17 individual residents. The National Forensic Service – Central Mental Hospital reported that the 215 incidents of physical restraint in 2012 related to 32 individuals.

**Table 6: Physical Restraint Episodes and individuals restrained. Average episodes of physical restraint to individuals restrained. Admissions and Beds. 2012. Numbers.**

Catchment Areas	Approved Centres	Numbers				
		Total Episodes	Individuals Physically restrained	Average episodes per individual	Total admissions	Beds
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>						
Cluain Mhuire	Cluain Mhuire (public patients admitted to St John of God Hospital)	69	34	2.0	311	32
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	52	22	2.4	315	39
East Wicklow	Newcastle Hospital	29	19	1.5	480	51
<b>Dublin West/South West &amp; South City</b>						
Dublin South City	Jonathan Swift Clinic	79	37	2.1	428	51
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	121	40	3.0	633	52
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>						
Kildare/West Wicklow	Lakeview Unit, Naas General Hospital	88	38	2.3	431	29
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	41	22	1.9	498	39
Longford/Westmeath	St Bridget's Ward & St Marie Goretti's Ward, Cluain Lir Care Centre	8	<5	-	21	42
Longford/ Westmeath	St Loman's Hospital, Mullingar	19	17	1.1	369	81
<b>Cavan/Monaghan/Louth &amp; Meath</b>						
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	96	23	4.2	208	25
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	27	13	2.1	349	25
Louth/Meath	St Brigid's Hospital, Ardee	162	28	5.8	327	50
<b>Dublin North</b>						
Dublin North	Hawthorn Unit, Connolly Hospital	6	<5	-	15	6
Dublin North	Joyce Rooms, Fairview Community Unit	181	49	3.7	389	24
Dublin North	O'Casey Rooms, Fairview Community Unit	<5	<5	-	1	25
Dublin North	St Ita's Hospital - Mental Health Services	10	<5	-	1	27

**Table 6: Physical Restraint Episodes and individuals restrained. Average episodes of physical restraint to individuals restrained. Admissions and Beds. 2012. Numbers.**

Catchment Areas	Approved Centres	Total Episodes	Individuals Physically restrained	Average episodes per individual	Total admissions	Beds
<b>Dublin North Central &amp; North West</b>						
Dublin North Central	St Aloysius Ward, Mater Misericordiae University Hospital	18	9	2.0	188	15
Dublin North Central	St Vincent's Hospital, Fairview	315	56	5.6	538	59
Dublin North West	Department of Psychiatry, Connolly Hospital	47	29	1.6	687	49
Dublin North West	St Brendan's Hospital	88	14	6.3	44	56
<b>North Lee &amp; North Cork</b>						
North Cork	St Stephen's Hospital	24	12	2.0	206	91
North Lee	Carraig Mór Centre	11	6	1.8	83	39
North Lee	St Michael's Unit, Mercy Hospital	101	43	2.3	646	50
<b>South Lee/West Cork &amp; Kerry</b>						
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	54	24	2.3	699	43
South Lee	South Lee Mental Health Unit, Cork University Hospital	54	26	2.1	522	46
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	13	8	1.6	206	18
<b>Waterford &amp; Wexford</b>						
Waterford	Department of Psychiatry, Waterford Regional Hospital	58	33	1.8	711	44
Wexford	St Senan's Hospital	9	<5	-	27	46
<b>Carlow/Kilkenny &amp; South Tipperary</b>						
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	39	21	1.9	591	44
South Tipperary	St Michael's Unit, South Tipperary General Hospital	13	9	1.4	192	49

**Table 6: Physical Restraint Episodes and Individuals restrained.2012. Ratio of episodes to individuals physical restrained. Admissions and Beds. Numbers. continued**

Catchment Areas	Approved Centres	Total Episodes	Individuals Physically restrained	Number		
				Average episodes per individuals	Total admissions	Beds
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>						
Donegal	Department of Psychiatry, Letterkenny General Hospital	69	22	3.1	601	34
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	34	22	1.5	489	50
<b>Mid-West Limerick, North Tipperary, Clare</b>						
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	73	40	1.8	578	39
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	22	18	1.2	531	40
Limerick	St Joseph's Hospital	<5	<5	-	2	16
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital, Limerick	<	<5	-	44	21
<b>West</b>						
East Galway	St Brigid's Hospital, Ballinasloe	44	19	2.3	309	44
Mayo	Adult Mental Health Unit, Mayo General Hospital	58	15	3.9	429	32
Mayo	An Coillín	<	<5	-	12	25
Mayo	Teach Aisling	5	<5	-	5	10
Roscommon	Department of Psychiatry, County Hospital Roscommon	28	14	2.0	319	22
West Galway	Department of Psychiatry, University College Hospital Galway	49	21	2.3	515	35
<b>National Forensic Service</b>						
National Forensic Service	Central Mental Hospital	215	32	6.7	65	94
<b>National Mental Health Intellectual Disability Service</b>						
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	244	17	14.4	3	141

**Table 6 Physical Restraint Episodes and Individuals restrained.2012. Ratio of episodes to individuals physical restrained. Admissions and Beds. Numbers. continued**

Catchment Areas	Approved Centres	Total Episodes	Individuals Physically restrained	Average episodes to individual	Total admissions	Beds
<b>Child and Adolescent Services</b>						
Child and Adolescent Service	Adolescent In-patient Unit, St Vincent's Hospital	8	<5	-	36	6
Child and Adolescent Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital	90	17	5.3	71	20
Child and Adolescent Service	Eist Linn Child & Adolescent In-patient Unit	17	6	2.8	38	12 <sup>a</sup>
Child and Adolescent Service	Linn Dara, Child & Adolescent In-patient Unit	19	2	9.5	24	8
Child and Adolescent Service	Willow Grove Adolescent Unit, St Patrick's University Hospital	<5	<5	-	86	14
<b>Independent</b>						
N/A	Bloomfield Care Centre	43	12	3.6	14	112
N/A	Highfield Hospital	10	<5	-	108	110
N/A	St John of God Hospital Limited (private patients)	41	27	1.5	1,079	151
N/A	St Patrick's University Hospital	156	52	3.0	2,257	238

*a The 2012 Inspection Report for Eist Linn stated that it was a 20-bed unit but was only operating with 12 beds in 2012*

**Notes:**

**<5:** given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes of physical restraint or the number of individuals restrained was less than five in an approved centre in 2012. Some calculations have been omitted as a result.

**Admissions:** Adult admission data are sourced from the HRB Statistics Series 20 – Activities of Irish Psychiatric Units and Hospitals 2012. Child Admission data are sourced from monthly data returns received by the Mental Health Commission.

**Beds:** Beds relate to number of beds in 2012. This figure is sourced from the approved centre's 2012 Inspection Report. If there was no inspection in 2012 the figure is sourced from the number of beds recorded on the Register of Approved Centres in 2012.

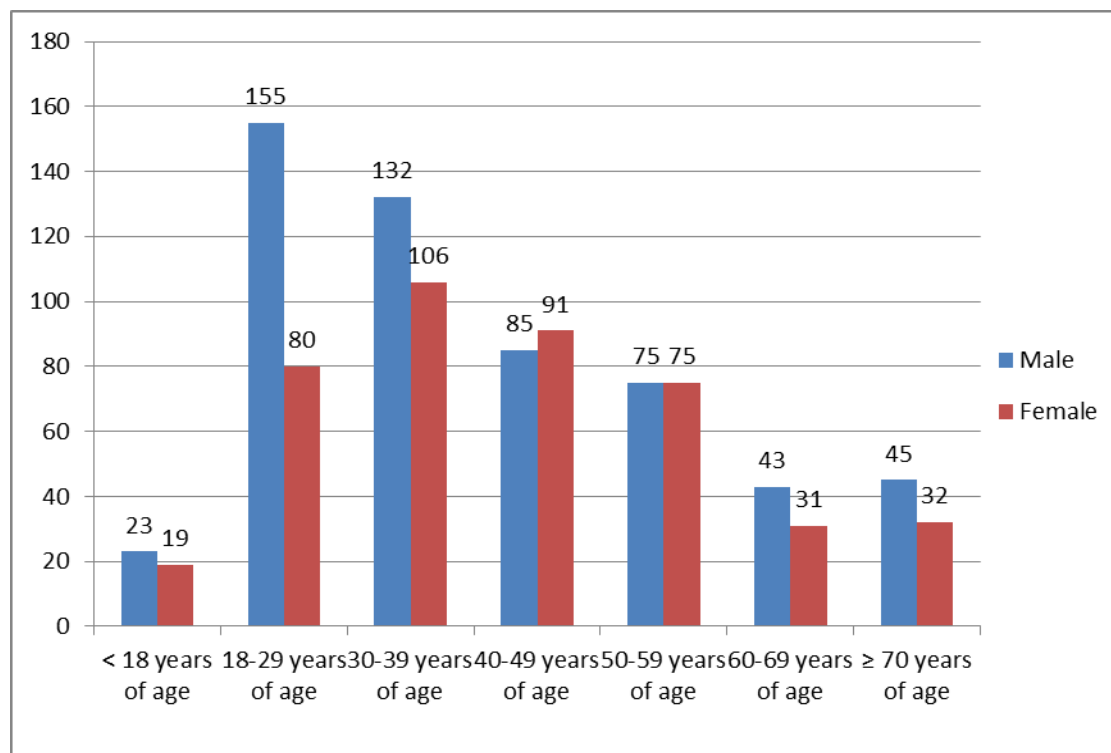
### Age and Gender

Slightly more males 56.3% (559/993) than females 43.7% (434/993) were physically restrained in 2012. Figure 4 shows that, similarly to seclusion, almost half (473/992) of all those that were physically restrained, in 2012 were between the ages of 18 and 39 years of age. There were 235 individuals in the 18 to 29 years of age bracket and 238 individuals in the 30 to 39 years of age group.

More males than females were physically restrained in those under 40 years of age, with almost double the number of males (155) than females (80) restrained in the 18 to 29 years of age group. The proportion of males and females physically restrained who were 40 years of age or older was almost equal in all categories, with slightly more females (91) than males (85) restrained in the 40 to 49 years of age group. Forty-two of those individuals who were physically restrained in 2012 were children; ten were in-patients in adult units at the time they were restrained.

The majority, 85% (843) of individuals who were physically restrained, in 2012, were from the general adult psychiatry population (between the ages of 18 and 64 years of age), 10.8% (107) were from the psychiatry of old age patient cohort (65 years of age and older) and 4.2% (42) from the child psychiatry category (under 18 years of age).

**Figure 4: Residents physically restrained. Gender and Age category. 2012. Numbers**



*Note: Analysis is based on 992/993 individuals as date of birth was not available for one individual.*

## 5.4 Duration of Physical Restraint

Version 2 of the Code of Practice on the Use of Physical Restraint in Approved Centres, applicable since 2010, states that “An order for physical restraint shall last for a maximum of 30 minutes” and that “An episode of physical restraint may be extended by a renewal order made by a registered medical practitioner following an examination, for a further period not exceeding 30 minutes.”

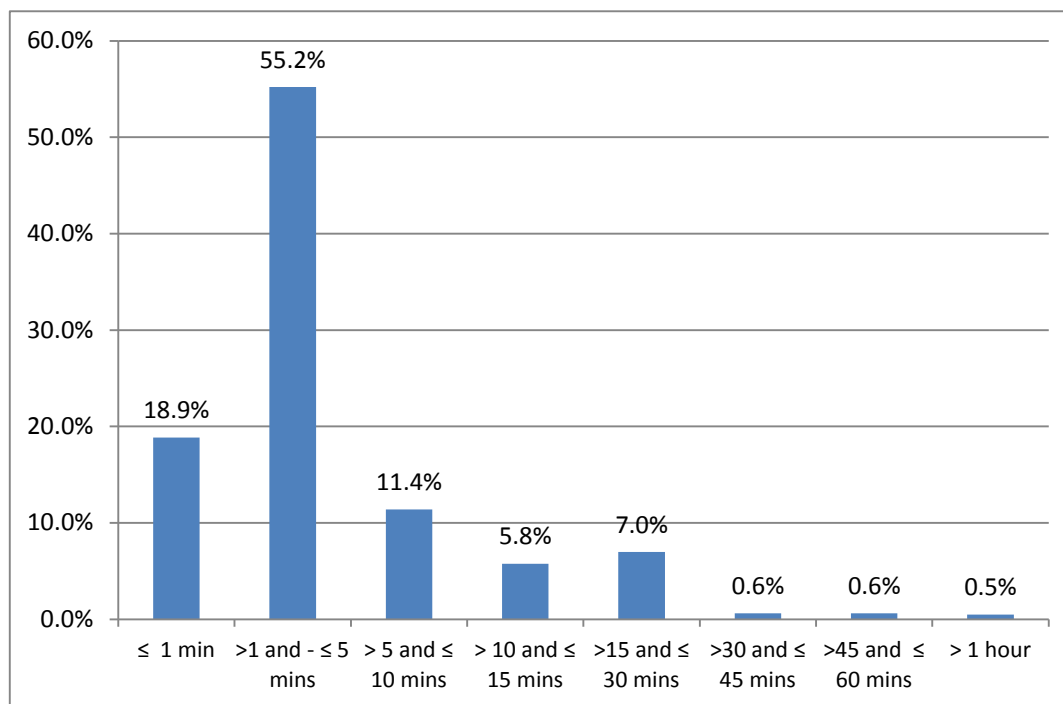
Version 1 stated that physical restraint should not be prolonged “beyond the period which is strictly necessary to prevent immediate and serious harm to the resident or others”.

Duration was not available for eight episodes of physical restraint and therefore these episodes are excluded from the analysis.

The national mean duration of all physical restraint was seven minutes and the median duration was four minutes. When episodes of physical restraint exceeding 30 minutes were excluded the mean duration was six minutes and the median duration was four minutes.

Figure 5 shows that the majority (74.1%) of physical restraint in 2012 lasted for five minutes or less, 18.9% of which lasted for one minute or less. Just over 10% (11.4%) of physical restraint lasted for more than five and up to ten minutes and 5.8% of episodes lasted for between ten and 15 minutes. Seven percent of episodes of physical restraint lasted for between 15 and 30 minutes. A small proportion (1.7%) lasted for more than 30 minutes, 0.5% of which lasted for longer than one hour.

**Figure 5: Episodes of physical restraint. Duration of episodes. 2012. Percentages.**



*Note: Analysis is based on 3,055/3,036 episodes of physical restraint as duration was not available for eight episodes.*

### 5.6 Duration of Physical Restraint in Individual Approved Centres

The national mean duration of physical restraint was seven minutes and the median duration was four minutes. Table 7 displays 2012 data on the total number of episodes of physical restraint, the total minutes of physical restraint recorded in each approved centre, the mean and median duration and a breakdown of episodes in various duration categories.

In 80.7% (42/52) of approved centres over half of all episodes of physical restraint lasted five minutes or less, in five approved centres all episodes lasted for five minutes or less and in a further seven approved centres all physical restraint lasted for 15 minutes or less. However, it should be noted that the overall use of physical restraint was relatively low (10 episodes or less) in most of these approved centres (10/12). In three approved centres that reported high use of physical restraint over 90% of episodes lasted for five minutes or less, they were Joyce Rooms, Fairview Community Unit (mean duration 3 minutes, median duration 2 minutes and a total of 564 minutes of restraint), Central Mental Hospital (mean duration 4 minutes, median duration 2 minutes and a total of 757 minutes of restraint) and St Joseph’s Intellectual Disability Services (mean duration 3 minutes, median duration 1 minute and a total of 684 minutes of restraint).



The majority (7/8) of approved centres that used physical restraint on more than 100 occasions in 2012 reported that over 85% of episodes lasted for 15 minutes or less.

Twenty-two approved centres recorded at least one episode of physical restraint which lasted longer than 30 minutes, accounting for over 10% of all episodes in three approved centres. Two approved centres reported that use of physical restraint was intermittent in some episodes that exceeded 30 minutes, they were Linn Dara Child & Adolescent In-patient Unit (2/2 episodes which lasted longer than 30 minutes restraint was intermittent), and St Patrick's University Hospital Limited (4/17 episodes which lasted longer than 30 minutes restraint was intermittent).

**Table 7: Approved Centres. Duration of episodes of physical restraint. 2012. Numbers. Mean and Median Duration 2012. Minutes (mins).**

Catchment Areas	Approved Centres	Numbers	Minutes (mins)				Numbers			
		Total Episodes	Total mins restraint	Mean duration	Median duration	≤ 5 mins	> 5 and ≤ 15 mins	> 15 and ≤ 30 mins	< 30 mins	
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>										
Cluain Mhuire	Cluain Mhuire (public patients admitted to St John of God Hospital Ltd.)	69	286	4	3	60	7	2	0	
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	52	511	10	5	31	9	11	1	
East Wicklow	Newcastle Hospital	29	116	4	4	26	3	0	0	
<b>Dublin West/South West &amp; South City</b>										
Dublin South City	Jonathan Swift Clinic <sup>a</sup>	78	1,213	15	5	41	21	13	3	
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	121	707	6	3	89	23	8	1	
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>										
Kildare/West Wicklow	Lakeview Unit, Naas General Hospital	88	536	6	4	60	22	5	1	
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	41	242	6	5	33	6	2	0	
Longford/Westmeath	St Bridget's Ward & St Marie Goretti's Ward, Cluain Lir Care Centre	8	47	6	5	6	2	0	0	
Longford/Westmeath	St Loman's Hospital, Mullingar	19	162	9	5	14	2	2	1	
<b>Cavan/Monaghan/Louth &amp; Meath</b>										
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	96	513	5	5	83	11	2	0	
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	27	166	6	3	19	6	2	0	
Louth/Meath	St Brigid's Hospital, Ardee	162	801	5	5	138	20	4	0	
<b>Dublin North</b>										
Dublin North	Hawthorn Unit, Connolly Hospital	6	51	9	10	2	4	0	0	
Dublin North	Joyce Rooms, Fairview Community Unit	181	564	3	2	168	11	2	0	
Dublin North	O'Casey Rooms, Fairview Community Unit	<5	5	5	5	<5	0	0	0	
Dublin North	St Ita's Hospital - Mental Health Services	10	18	2	1	10	0	0	0	

**Table 7: Approved Centres. Duration of episodes of physical restraint. 2012. Numbers. Mean and Median Duration 2012. Minutes (mins). continued.**

Catchment Areas	Approved Centres	Numbers		Minutes			Numbers		
		Total Episodes	Total mins restraint	Mean duration	Median duration	≤ 5 mins	> 5 and ≤ 15 mins	> 15 and ≤ 30 mins	< 30 mins
<b>Dublin North Central &amp; North West</b>									
Dublin North Central	St Aloysius Ward, Mater Misericordiae University Hospital	18	177	10	5	12	3	2	1
Dublin North Central	St Vincent's Hospital, Fairview	315	2,507	8	5	214	63	35	3
Dublin North West	Department of Psychiatry, Connolly Hospital <sup>b</sup>	45	286	6	4	31	9	4	1
Dublin North West	St Brendan's Hospital	88	196	2	2	84	4	0	0
<b>North Lee &amp; North Cork</b>									
North Cork	St Stephen's Hospital	24	327	14	5	17	5	1	1
North Lee	Carraig Mór Centre	11	37	6	5	8	2	1	0
North Lee	St Michael's Unit, Mercy Hospital	101	941	9	5	54	34	12	1
<b>South Lee/West Cork &amp; Kerry</b>									
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	54	562	10	5	29	14	10	1
South Lee	South Lee Mental Health Unit, Cork University Hospital	54	615	11	10	17	26	11	0
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	13	93	7	4	11	1	0	1
<b>Waterford &amp; Wexford</b>									
Waterford	Department of Psychiatry, Waterford Regional Hospital <sup>c</sup>	55	322	7	5	41	10	3	1
Wexford	St Senan's Hospital	9	18	2	2	9	0	0	0
<b>Carlow/Kilkenny &amp; South Tipperary</b>									
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	39	211	5	5	32	7	0	0
South Tipperary	St Michael's Unit, South Tipperary General Hospital	13	66	5	2	10	2	1	0

**Table 7: Approved Centres. Duration of episodes of physical restraint. 2012. Numbers. Mean and Median Duration 2012. Minutes. Continued.**

Catchment Areas	Approved Centres	Numbers		Minutes				Numbers			
		Total Episodes	Total mins restraint	Mean duration	Median duration	≤ 5 mins	> 5 and ≤ 15 mins	> 15 and ≤ 30 mins	< 30 mins		
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>											
Donegal	Department of Psychiatry, Letterkenny General Hospital	69	860	12	10	32	21	13	3		
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	34	299	9	5	23	7	2	2		
<b>Mid-West Limerick, North Tipperary, Clare</b>											
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis <sup>d</sup>	71	344	5	3	61	6	4	0		
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	22	214	10	5	15	4	2	1		
Limerick	St Joseph's Hospital	<5	3	3	3	<5	0	0	0		
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital, Limerick	<5	10	10	10	0	<5	0	0		
<b>West</b>											
East Galway	St Brigid's Hospital, Ballinasloe	44	244	6	2	33	8	2	1		
Mayo	Adult Mental Health Unit, Mayo General Hospital	58	224	4	2	53	4	1	0		
Mayo	An Coillín	<5	25	13	12	0	<5	0	0		
Mayo	Teach Aisling	5	65	13	15	0	5	0	0		
Roscommon	Department of Psychiatry, County Hospital Roscommon	28	124	4	3	24	3	1	0		
West Galway	Department of Psychiatry, University College Hospital Galway	49	190	4	2	42	6	0	1		
<b>National Forensic Service</b>											
National Forensic Service	Central Mental Hospital	215	757	4	2	197	16	2	0		
<b>National Mental Health Intellectual Disability Service</b>											
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	244	684	3	1	223	11	8	2		

**Table 7: Approved Centres. Duration of episodes of physical restraint. 2012. Numbers. Mean and Median Duration 2012. Minutes. continued.**

Catchment Areas	Approved Centres	Numbers		Minutes				Numbers	
		Total Episodes	Total mins restraint	Mean duration	Median duration	≤ 5 mins	> 5 and ≤ 15 mins	> 15 and ≤ 30 mins	< 30 mins
<b>Child and Adolescent Service</b>									
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	8	115	14	15	1	6	1	0
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital	90	460	5	3	67	20	3	0
C&A Service	Eist Linn Child & Adolescent In-patient Unit	17	120	7	5	10	6	1	0
C&A Service	Linn Dara, Child & Adolescent In-patient Unit	19	331	17	10	8	7	2	2 <sup>e</sup>
C&A Service	Willow Grove Adolescent Unit, St Patrick's University Hospital	<5	20	20	20	0	0	<5	0
<b>Independent</b>									
N/A	Bloomfield Care Centre	43	1,041	24	10	15	14	5	9
N/A	Highfield Hospital	10	66	7	5	7	3	0	0
N/A	St John of God Hospital Limited (private patients)	41	145	4	3	38	2	1	0
N/A	St Patrick's University Hospital	156	2,435	16	10	63	44	32	17 <sup>f</sup>

a Jonathan Swift Clinic data are based on 78/79 episodes as duration of one episode was not available.

b Department of Psychiatry, Connolly Hospital data are based on 45/47 episodes as duration of two episodes were not available.

c Department of Psychiatry, Waterford Regional Hospital data are based on 55/58 episodes as duration of three episodes were not available.

d Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis data are based on 71/73 episodes as duration of two episodes were not available.

e Linn Dara, Child & Adolescent In-patient Unit indicated that the two episodes that lasted for longer than 30 minutes involved the use of intermittent restraint.

f St Patrick's University Hospital indicated that four of the 17 episodes which lasted longer than 30 minutes involved the use of intermittent restraint.

<5: given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes of physical restraint or the number of individuals restrained was less than five in an approved centre in 2012. Some calculations have been omitted as a result.

## **6. Use of Restrictive Interventions/Restrictive Practices in 2012**

The total number of restrictive interventions in 2012 was 4,466, 6.1% less than the number reported in 2011 (4,755). Physical restraint was the most frequently used restrictive intervention in 2012, it was used in 52/68 approved centres and accounted for 68.6% of all restrictive interventions, seclusion accounted for 31.4% and was used in 29/68 approved centres. Mechanical restraint to prevent immediate threat to self or others was not used by any approved centre in 2012. The overall use of physical restraint and seclusion 2012 is very similar to the pattern in 2011 when 64.5% of restrictive interventions involved the use of physical restraint and 35.5% related to the use of seclusion.

Table 8 provides a breakdown of the number of seclusion episodes, the number of physical restraint episodes and the total number of restrictive interventions used in each approved centres in 2012. It also shows the percentage breakdown of seclusion to physical restraint usage in all approved centres.

The use of seclusion and physical restraint varied largely between approved centres. St Joseph's Intellectual Disability Service reported a high overall number of restrictive interventions (475) as did St Vincent's Hospital in Fairview (401), the National Forensic Service – Central Mental Hospital (348), and the Joyce Rooms in Fairview Community Unit (268).

All 29 approved centres that used seclusion also used physical restraint; 24 approved centres only used physical restraint and 14 approved centres did not have any use of physical restraint or seclusion in 2012.

Physical restraint accounted for over 80% of restrictive interventions used in four approved centres. St Brigid's Hospital in Ardee reported that 89% (162/182) of restrictive practices used in 2012 related to the use of physical restraint. The Child and Adolescent Mental Health In-patient Unit in Galway recorded that 90/102 (88.2%) restrictive interventions in 2012 involved the use of physical restraint. The Acute Psychiatric Unit AMNCH, Tallaght and Carraig Mór Centre in Cork also used a higher proportion of physical restraint than seclusion in 2012, 81.2% and 84.6% respectively. A further four approved centres reported over 70% of their use of restrictive practices in 2012 involved the use of physical restraint (see table 8 for details).

The use of seclusion was more prevalent, accounting for over 60% of restrictive interventions, in two approved centres. They were the Department of Psychiatry in Waterford Regional Hospital (60.8%) and St Loman's Hospital in Mullingar (60.4%). Both approved centres reported more use of seclusion than physical restraint in 2011 also.

Physical restraint and seclusion were used in equal proportions in Newcastle Hospital and the Department of Psychiatry, Midland Regional Hospital in Portlaoise and almost equal proportions in the Department of Psychiatry, Connolly Hospital (48.9% seclusion 51.1% physical restraint) and St Aloysius Ward, Mater Misericordiae University Hospital (51.4% seclusion and 48.6% physical restraint).

One individual in an approved centre may have been placed in seclusion and/or restrained on a number of occasions in a reporting period. In previous years, data were in aggregate format with no patient identifiers so we were not able to report on the number of individuals that restrictive interventions pertained to. Individual service user level data were collected during the MHC data review and are included in Table 9. International experience suggests that the variation in the use of restrictive interventions between different areas is common and is likely due to a number of factors including: geographical variations in the prevalence and acuity of mental illness and differences in admission policies with hospitals in some areas treating more acute patients. Therefore, 2012 data number of beds, number of admissions and proportion of involuntary admissions are also included in Table 8, as contextual information. Analysis in relation to any possible correlation between use of restrictive interventions and the approved centre's bed capacity, the number of admissions and type of admissions to a unit would be more appropriate over a longer period of time.

Four approved centres reported that they had more than 200 uses of restrictive practices in 2012; in all of these centres the number of residents which were involved was relatively low in terms of the overall usage. St Joseph's Intellectual Disability Services, a 141-bed unit, reported a total of 475 episodes which related to just 17 individuals. St Vincent's Hospital in Fairview, a 59-bed unit, which had 538 admissions of which 22.3% were involuntary admissions, recorded 401 episodes of restrictive interventions which related to 56 individuals. The Central Mental Hospital, a 94-bed unit recorded 65 admissions, none of which were made under the Mental Health Act 2001, reported 348 episodes relating to 44 individuals. In Joyce Rooms in Fairview Community Unit, restrictive

interventions were used on 268 occasions involving 51 individuals. This approved centre is a 24-bed unit which had 389 admissions, 21.9% of which were involuntary admissions, in 2012.

The Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital in Galway recorded 102 episodes of restrictive practices which related to 17 individual children.

In other approved centres the ratio of restrictive interventions to individuals involved was lower and more reflective of the number of individuals involved. St Loman's Hospital in Mullingar, an 81-bed unit which had 369 admissions of which 17.3% were involuntary admissions, recorded that 48 episodes of restrictive practices related to 26 individuals. Two approved centres which are of similar in terms of size, number of admissions and percentage of involuntary admissions reported comparable overall usage of restrictive interventions and number of individuals involved. They were Newcastle Hospital, a 51-bed unit which had 480 admissions with 12.1% involuntary admissions and Sligo/Leitrim Mental, a 50-bed unit which had 489 admissions, 10.2% of which were involuntary admissions.



**Table 8: Approved Centres use of Seclusion (SEC) and Physical Restraint (PR) and all Restrictive Interventions (RIs). Numbers and Percentages. 2012.**

Catchment Areas (population)	Approved Centre/Mental Health Service	Numbers			%	
		SEC	PR	RIs	SEC	PR
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow (426,170)</b>						
Cluain Mhuire	Cluain Mhuire (public patients admitted to St John of God Hospital)	79	69	148	53.4	46.6
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	DNU	52	52	DNU	100.0
East Wicklow	Newcastle Hospital	29	29	58	50.0	50.0
<b>Dublin West/South West &amp; South City (412,209)</b>						
Dublin South City	Jonathan Swift Clinic	DNU	79	79	DNU	100.0
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	28	121	149	18.8	81.2
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath (513,176)</b>						
Kildare/ West Wicklow	Lakeview Unit, Naas General Hospital	74	88	162	45.7	54.3
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	41	41	82	50.0	50.0
Laois/Offaly	St Fintan's Hospital	DNU	0	0	DNU	-
Longford/ Westmeath	St Bridget's Ward & St Marie Goretti's Ward, Cluain Lir Care Centre	DNU	8	8	DNU	100.0
Longford/ Westmeath	St Loman's Hospital, Mullingar	29	19	48	60.4	39.6
<b>Cavan/Monaghan/Louth &amp; Meath (437,049)</b>						
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	DNU	96	96	DNU	100.0
Cavan/Monaghan	Blackwater House, St Davnet's Hospital	DNU	0	0	DNU	-
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	9	27	36	25.0	75.0
Louth/Meath	St Brigid's Hospital, Ardee	20	162	182	11.0	89.0
<b>Dublin North (244,362)</b>						
Dublin North	Hawthorn Unit, Connolly Hospital	DNU	6	6	DNU	100.0
Dublin North	Joyce Rooms, Fairview Community Unit	87	181	268	32.5	67.5
Dublin North	O'Casey Rooms, Fairview Community Unit	DNU	<5	<5	DNU	100.0
Dublin North	St Ita's Hospital - Mental Health Services	DNU	10	10	DNU	100.0
<b>Dublin North Central &amp; North West (337,124)</b>						
Dublin North Central	St Aloysius Ward, Mater Misericordiae University Hospital	19	18	37	51.4	48.6
Dublin North Central	St Vincent's Hospital, Fairview	86	315	401	21.4	78.6
Dublin North West	Department of Psychiatry, Connolly Hospital	45	47	92	48.9	51.1
Dublin North West	St Brendan's Hospital	57	88	145	39.3	60.7
Dublin North West	Sycamore Unit, Connolly Hospital	DNU	DNU	DNU	DNU	DNU
<b>North Lee &amp; North Cork (271,333)</b>						
North Cork	St Stephen's Hospital	DNU	24	24	DNU	100.0
North Lee	Carraig Mór Centre	<5	11	-	-	-
North Lee	St Michael's Unit, Mercy Hospital	DNU	101	101	DNU	100.0

**Table 8: Approved Centres use of Seclusion (SEC) and Physical Restraint (PR) and all Restrictive Interventions (RIs). Numbers and Percentages. 2012. continued**

Catchment Areas (population)	Approved Centre/Mental Health Service	Numbers			%	
		SEC	PR	RIs	SEC	PR
<b>South Lee/West Cork &amp; Kerry (393,201)</b>						
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital	31	54	85	36.5	63.5
Kerry	St Finan's Hospital	DNU	0	0	DNU	-
South Lee	South Lee Mental Health Unit, Cork University Hospital	DNU	54	54	DNU	100.0
South Lee	St Finbarr's Hospital	DNU	0	0	DNU	-
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital	DNU	13	13	DNU	100.0
<b>Waterford &amp; Wexford (250,577)</b>						
Waterford	Department of Psychiatry, Waterford Regional Hospital	90	58	148	60.8	39.2
Waterford	St Otteran's Hospital	DNU	DNU	DNU	DNU	DNU
Wexford	St Senan's Hospital	7	9	16	43.8	56.2
<b>Carlow/Kilkenny &amp; South Tipperary (218,747)</b>						
Carlow/ Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	45	39	84	53.6	46.4
Carlow/ Kilkenny	St Gabriel's Ward, St Canice's Hospital	DNU	DNU	DNU	DNU	DNU
South Tipperary	Heywood Lodge	DNU	DNU	DNU	DNU	DNU
South Tipperary	St Luke's Hospital, Clonmel	DNU	DNU	DNU	DNU	DNU
South Tipperary	St Michael's Unit, South Tipperary General Hospital	8	13	21	38.1	61.9
<b>Donegal/Sligo/Leitrim &amp; West Cavan (259,621)</b>						
Donegal	Department of Psychiatry, Letterkenny General Hospital	DNU	69	69	DNU	100.0
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	24	34	58	41.4	58.6
<b>Mid-West Limerick, North Tipperary, Clare (379,327)</b>						
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	29	73	102	28.4	71.6
Clare	Cappahard Lodge	DNU	DNU	DNU	DNU	DNU
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	DNU	22	22	DNU	100.0
Limerick	St Joseph's Hospital	DNU	<5	<5	DNU	100.0
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital, Limerick	DNU	<5	<5	DNU	100.0
<b>West (445,356)</b>						
East Galway	St Brigid's Hospital, Ballinasloe	16	44	60	26.7	73.3
Mayo	Adult Mental Health Unit, Mayo General Hospital	69	58	127	54.3	45.7
Mayo	An Coillín	DNU	<5	<5	DNU	100.0
Mayo	St Anne's Unit, Sacred Heart Hospital	DNU	DNU	DNU	DNU	DNU
Mayo	Teach Aisling	DNU	5	5	DNU	100.0
Roscommon	Department of Psychiatry, County Hospital Roscommon	19	28	47	40.4	59.6
West Galway	Department of Psychiatry, University College Hospital Galway	43	49	92	46.7	53.3

**Table 8: Approved Centres use of Seclusion (SEC) and Physical Restraint (PR) and all Restrictive Interventions (RIs). Numbers and Percentages. 2012. continued**

Catchment Areas (population)	Approved Centre/Mental Health Service	Numbers			%	
		SEC	PR	RIs	SEC	PR
<b>National Forensic Service</b>						
National Forensic Service	Central Mental Hospital	133	215	348	38.2	61.8
<b>National Mental Health Intellectual Disability Service</b>						
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital	231	244	475	48.6	51.4
<b>Child and Adolescent Services</b>						
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	<5	8	-	-	-
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital	12	90	102	11.8	88.2
C&A Service	Eist Linn Child & Adolescent In-patient Unit	DNU	17	17	DNU	100.0
C&A Service	Linn Dara, Child & Adolescent In-patient Unit	DNU	19	19	DNU	100.0
C&A Service	Willow Grove Adolescent Unit, St Patrick's University Hospital	DNU	<5	<5	DNU	100.0
<b>Independent</b>						
N/A	Bloomfield Care Centre	DNU	43	43	DNU	100.0
N/A	Hampstead Private Hospital	DNU	DNU	DNU	DNU	DNU
N/A	Highfield Hospital	DNU	10	10	DNU	100.0
N/A	Highfield Private Hospital	DNU	DNU	DNU	DNU	DNU
N/A	Lois Bridges	DNU	0	0	DNU	-
N/A	St Edmundsbury Hospital	DNU	0	0	DNU	100.0
N/A	St John of God Hospital Limited (private patients)	38	41	79	48.1	51.9
N/A	St Patrick's University Hospital	DNU	156	156	DNU	100.0
<b>Total all approved centres (4,588,252)</b>		<b>1,403</b>	<b>3,063</b>	<b>4,466</b>	<b>31.4</b>	<b>68.6</b>

**Notes:**

**DNU** = Approved Centre indicated that they Do Not Use the intervention.

**<5:** given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes or the number of individuals was less than five in an approved centre in 2012. Some calculations have been omitted as a result.

**Table 9: Approved Centres use of Restrictive Interventions and Individuals involved. Beds. Admissions. 2012. Numbers. Involuntary Admissions. Percentage of all admissions.**

Catchment Areas	Approved Centre	SCA Population	Numbers				%
			RIs	Individuals	Beds	Admissions	Involuntary Admissions
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>		<b>426,170</b>					
Cluain Mhuire	Cluain Mhuire (public patients admitted to St John of God Hospital)		148	44	32	311	- <sup>a</sup>
Dublin South East	Elm Mount Unit, St Vincent's University Hospital		52	22	39	315	21.3
East Wicklow	Newcastle Hospital		58	29	51	480	12.1
<b>Dublin West/South West &amp; South City</b>		<b>412,209</b>					
Dublin South City	Jonathan Swift Clinic		79	37	51	428	17.1
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght		149	43	52	633	10.6
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>		<b>513,176</b>					
Kildare/ West Wicklow	Lakeview Unit, Naas General Hospital		162	40	29	431	15.3
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise		82	26	39	498	8.4
Laois/Offaly	St Fintan's Hospital		0	-	43	37	2.7
Longford/ Westmeath	St Bridget's Ward & St Marie Goretti's Ward, Cluain Lir Care Centre		8	<5	42	21	19.0
Longford/ Westmeath	St Loman's Hospital, Mullingar		48	26	81	369	17.3
<b>Cavan/Monaghan/Louth &amp; Meath</b>		<b>437,049</b>					
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital		96	23	25	208	26.4
Cavan/Monaghan	Blackwater House, St Davnet's Hospital		0	-	22	5	0.0
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan		36	15	25	349	10.6
Louth/Meath	St Brigid's Hospital, Ardee		182	28	50	327	14.7

**Table 9: Approved Centres use of Restrictive Interventions and Individuals involved. 2012. Individuals . Beds. Admissions. Numbers. Involuntary Admissions. Percentage of all admissions. Continued.**

Catchment Areas	Approved Centre	SCA Population	Numbers				%
			RIs	Individuals	Beds	Admissions	Involuntary Admissions
<b>Dublin North</b>		<b>244,362</b>					
Dublin North	Hawthorn Unit, Connolly Hospital		6	<5	6	15	40.0
Dublin North	Joyce Rooms, Fairview Community Unit		268	51	24	389	21.9
Dublin North	O'Casey Rooms, Fairview Community Unit		<5	<5	25	1	8.0
Dublin North	St Ita's Hospital - Mental Health Services		10	<5	27	1	0.0
<b>Dublin North Central &amp; North West</b>		<b>337,124</b>					
Dublin North Central	St Aloysius Ward, Mater Misericordiae University Hospital		37	13	15	188	18.1
Dublin North Central	St Vincent's Hospital		401	56	59	538	22.3
Dublin North West	Department of Psychiatry, Connolly Hospital		92	37	49	687	10.0
Dublin North West	St Brendan's Hospital		145	18	56	44	0.0
Dublin North West	Sycamore Unit, Connolly Hospital		DNU	0	34	1	100.0
<b>North Lee &amp; North Cork</b>		<b>271,333</b>					
North Cork	St Stephen's Hospital		24	12	91	206	15.0
North Lee	Carraig Mór Centre		13	7	39	83	6.0
North Lee	St Michael's Unit, Mercy Hospital		101	43	50	646	12.4
<b>South Lee/West Cork &amp; Kerry</b>		<b>393,201</b>					
Kerry	Acute Mental Health Admission Unit, Kerry General Hospital		85	25	43	699	9.3
Kerry	St Finan's Hospital		0	0	32	2	0.0
South Lee	South Lee Mental Health Unit, Cork University Hospital		54	26	46	522	20.5
South Lee	St Finbarr's Hospital		0	0	21	2	0.0
West Cork	Centre for Mental Health Care & Recovery, Bantry General Hospital		13	8	18	206	10.7

**Table 9: Approved Centres use of Restrictive Interventions and Individuals involved. 2012. Individuals . Beds. Admissions. Numbers. Involuntary Admissions. Percentage of all admissions. Continued.**

Catchment Areas	Approved Centre	SCA Population	Numbers				%
			RIs	Individuals	Beds	Admissions	Involuntary Admissions
<b>Waterford &amp; Wexford</b>		<b>250,577</b>					
Waterford	Department of Psychiatry, Waterford Regional Hospital		148	44	44	711	12.0
Waterford	St Otteran's Hospital		DNU	0	54	58	3.4
Wexford	St Senan's Hospital		16	<5	46	27	0.0
<b>Carlow/Kilkenny &amp; South Tipperary</b>		<b>218,747</b>					
Carlow/ Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny		84	30	44	591	9.8
Carlow/ Kilkenny	St Gabriel's Ward, St Canice's Hospital		DNU	0	27	9	0.0
South Tipperary	Heywood Lodge		DNU	0	40	42	14.3
South Tipperary	St Luke's Hospital, Clonmel		DNU	0	52	9	11.1
South Tipperary	St Michael's Unit, South Tipperary General Hospital		21	10	49	192	9.4
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>		<b>259,621</b>					
Donegal	Department of Psychiatry, Letterkenny General Hospital		69	22	34	601	19.6
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit		58	28	50	489	10.2
<b>Mid-West Limerick, North Tipperary, Clare</b>		<b>379,327</b>					
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis		102	42	39	578	13.8
Clare	Cappahard Lodge		DNU	0	33	9	0.0
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital		22	18	40	531	16.0
Limerick	St Joseph's Hospital		<5	<5	16	2	0.0
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital, Limerick		<5	<5	21	44	0.0

**Table 9: Approved Centres use of Restrictive Interventions and Individuals involved. 2012. Individuals . Beds. Admissions. Numbers. Involuntary Admissions. Percentage of all admissions. Continued.**

Catchment Areas	Approved Centre	SCA Population	Numbers				%
			RIs	Individuals	Beds	Admissions	Involuntary Admissions
<b>West</b>		<b>445,356</b>					
East Galway	St Brigid's Hospital, Ballinasloe		60	21	44	309	11.7
Mayo	Adult Mental Health Unit, Mayo General Hospital		127	22	32	429	18.9
Mayo	An Coillín		<5	<5	25	12	16.7
Mayo	St Anne's Unit, Sacred Heart Hospital		DNU	0	12	20	0.0
Mayo	Teach Aisling		5	<5	10	5	0.0
Roscommon	Department of Psychiatry, County Hospital Roscommon		47	16	22	319	9.4
West Galway	Department of Psychiatry, University College Hospital Galway		92	23	35	515	13.4
<b>National Forensic Service</b>		<b>N/A</b>					
National Forensic Service	Central Mental Hospital		348	44	94	65	0.0
<b>National Mental Health Intellectual Disability Service</b>							
National ID Service	St Joseph's Intellectual Disability Services, St Ita's Hospital		475	17	141	3 <sup>b</sup>	0.0
<b>Child and Adolescent Services<sup>c</sup></b>		<b>N/A</b>					
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital		11	<5	6	36	-
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital		102	17	20	71	-
C&A Service	Eist Linn Child & Adolescent In-patient Unit		17	6	12	38	-
C&A Service	Linn Dara, Child & Adolescent In-patient Unit		19	<5	8	24	-
C&A Service	Willow Grove Adolescent Unit, St Patrick's University Hospital		<5	<5	14	86	-

**Table 9: Approved Centres use of Restrictive Interventions and Individuals involved. 2012. Individuals . Beds. Admissions. Numbers. Involuntary Admissions. Percentage of all admissions. Continued.**

Catchment Areas	Approved Centre/Mental Health Service	SCA Population	Numbers				% Involuntary Admissions
			RIs	Individuals	Beds	Admissions	
<b>Independent</b>		<b>N/A</b>					
N/A	Bloomfield Care Centre		43	12	112	14	0.0
N/A	Highfield Hospital		10	<5	110	108	5.6
N/A	Lois Bridges		0	0	6	19	0.0
N/A	St Edmundsbury Hospital		0	0	50	484	0.2
N/A	St John of God Hospital Limited (private patients)		79	32	151	1,079	9.5 <sup>d</sup>
N/A	St Patrick's University Hospital		156	52	238	2,257	3.2

*a A breakdown of involuntary admissions for Cluain Mhuire/public patients is not available.*

*b Many long-term patients with intellectual disability reside in St Joseph's Intellectual Disability Services and therefore the number of admissions in a given year can be low.*

*c Given the small numbers and sensitive nature of the data a breakdown of involuntary admissions to child and adolescent in-patient units is not provided.*

*d A breakdown of involuntary admissions for public and private patients to St John of God Hospital Limited is not available. The percentage of involuntary admissions is based on the total involuntary admissions and total admissions (132/1,390) to this approved centre.*

**Notes:**

**<5:** given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes or the number of individuals was less than five in an approved centre in 2012. Some calculations have been omitted as a result.

**Beds:** Beds relate to number of beds in 2012. This figure is sourced from the approved centre's 2012 Inspection Report. If there was no inspection in 2012 the figure is sourced from the number of beds recorded on the Register of Approved Centres in 2012.

**Admissions:** Adult admission data are sourced from the HRB Statistics Series 20 – Activities of Irish Psychiatric Units and Hospitals 2012. Child Admission data are sourced from monthly data returns received by the Mental Health Commission.

**Involuntary admissions:** Data for adults are sourced from the Mental Health Commission's 2012 Annual Report. The total number of involuntary admission includes all involuntary admissions of adults under the Mental Health Act 2001. It includes admissions from the community (Form 6) and re-grades of a patient from voluntary to involuntary (Form 13).



Table 10 shows the total restrictive practices reported by approved centres in 2012 in comparison with 2011. Sixteen approved centres reported an increase in the overall use of restrictive interventions. The most notable increase was in Joyce Rooms in Fairview Community Unit, they reported an increase from 47 episodes in 2011 to 268 episodes in 2012. This approved centre was only opened for part of 2011 and in 2012 the acute admissions for Dublin North were to this approved centre there is a corresponding 92.2% decrease reported in the use of restrictive interventions in St Ita's Hospital in 2012 in comparison to 2011. A number of approved centres reported increases in the use of both seclusion and restraint, overall usage more than doubled in three approved centres. They were the Department of Psychiatry in the Midland Regional Hospital, Portlaoise who reported a 134.3% increase (from 35 to 82 episodes); St Aloysius Ward in the Mater Hospital recorded a 184.6% increase (from 13 to 37 episodes) and in the Department of Psychiatry, County Hospital in Roscommon use was up by 104.3% (from 23 to 47 episodes).

Conversely, 31 approved centres reported a decrease in the use of restrictive practices in 2012 in comparison to 2011. Department of Psychiatry, Our Lady's Hospital, Navan reported decreases in both the use of seclusion and physical restraint in 2012 with an overall decrease of 57.6% in comparison to 2011. Decreases were reported by St Ita's Hospital in Dublin, St Senan's Hospital in Wexford and St Michael's Unit, South Tipperary Hospital in Clonmel which may in part be due to diversion of acute admissions from these approved centres to other approved centres (St Ita's to Joyce Rooms, Fairview Community Unit; St Senan's to the Department of Psychiatry, Waterford Regional Hospital and St Michael's Unit, South Tipperary General Hospital to the Department of Psychiatry, St Luke's Hospital in Kilkenny) in 2012.

**Table 10: Approved Centres use of Restrictive Interventions (Seclusion and Physical Restraint). 2011 and 2012. Numbers. Difference 2011-2012. Numbers and Percentages.**

Catchment Areas	Approved Centres	Numbers			Percentages	
		2011	2012	Difference	Change	
<b>Dun Laoghaire/Dublin South-East &amp; Wicklow</b>						
Cluain Mhuire	Cluain Mhuire (public patients admitted to St John of God Hospital Ltd.)	-	148	-	-	
Dublin South East	Elm Mount Unit, St Vincent's University Hospital	57	52	-5	-8.8	
East Wicklow	Newcastle Hospital	69	58	-11	-15.9	
<b>Total Dun Laoghaire/Dublin South-East &amp; Wicklow</b>		<b>126</b>	<b>258</b>	<b>a</b>	<b>a</b>	
<b>Dublin West/South West &amp; South City</b>						
Dublin South City	Jonathan Swift Clinic	77	79	2	2.6	
Dublin South West	Acute Psychiatric Unit AMNCH, Tallaght	160	149	-11	-6.9	
<b>Total Dublin West/South West &amp; South City</b>		<b>237</b>	<b>228</b>	<b>-9</b>	<b>-3.8</b>	
<b>Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>						
Kildare	Lakeview Unit, Naas General Hospital	168	162	-6	-3.6	
Laois/Offaly	Department of Psychiatry, Midland Regional Hospital, Portlaoise	35	82	47	134.3	
Laois/Offaly	St Fintan's Hospital	3	0	-3	-	
Longford/Westmeath	St Bridget's Ward & St Marie Goretti's Ward, Cluain Lir Care Centre	-	8	-	-	
Longford/Westmeath	St Loman's Hospital, Mullingar	85	48	-37	-43.5	
<b>Total Kildare/West Wicklow/Laois/Offaly/Longford &amp; Westmeath</b>		<b>291</b>	<b>300</b>	<b>9</b>	<b>3.1</b>	
<b>Cavan/Monaghan/Louth &amp; Meath</b>						
Cavan/Monaghan	Acute Psychiatric Unit, Cavan General Hospital	43	96	53	123.3	
Cavan/Monaghan	Blackwater House, St Davnet's Hospital	7	0	-7	-	
Louth/Meath	Department of Psychiatry, Our Lady's Hospital, Navan	85	36	-49	-57.6	
Louth/Meath	St Brigid's Hospital, Ardee	172	182	10	5.8	
<b>Total Cavan/Monaghan/Louth &amp; Meath</b>		<b>307</b>	<b>314</b>	<b>7</b>	<b>2.3</b>	
<b>Dublin North</b>						
Dublin North	Hawthorn Unit, Connolly Hospital	DNU	6	6		
Dublin North	Joyce Rooms, Fairview Community Unit	47	268	221	470.2	
Dublin North	O'Casey Rooms, Fairview Community Unit	DNU	<5	<5	-	
Dublin North	St Ita's Hospital - Mental Health Services	129	10	-119	-92.2	
<b>Total Dublin North</b>		<b>176</b>	<b>285</b>	<b>109</b>	<b>61.9</b>	
<b>Dublin North Central &amp; North West</b>						
Dublin North Central	St Aloysius Ward, Mater Misericordiae Hospital	13	37	24	184.6	
Dublin North Central	St Vincent's Hospital	198	401	203	102.5	
Dublin North West	Department of Psychiatry, Connolly Hospital	153	92	-61	-39.9	
Dublin North West	St Brendan's Hospital	149	145	-4	-2.7	
Dublin North West	Sycamore Unit, Connolly Hospital	DNU	DNU	-	-	
<b>Total Dublin North Central &amp; North West</b>		<b>513</b>	<b>675</b>	<b>162</b>	<b>31.6</b>	

**Table 10: Approved Centres use of Restrictive Interventions. 2011 and 2012. Numbers. Difference 2011-2012. Numbers and Percentages. continued**

Catchment Areas	Approved Centres	Numbers			Percentages	
		2011	2012	Difference	Change	
<b>North Lee &amp; North Cork</b>						
North Cork	St Stephen's Hospital	33	24	-9	-27.3	
North Lee	Carraig Mór Centre	31	13	-18	-58.1	
North Lee	St Michael's Unit, Mercy Hospital	77	101	24	31.2	
<b>Total North Lee &amp; North Cork</b>		<b>141</b>	<b>138</b>	<b>-3</b>	<b>-2.1</b>	
<b>South Lee/West Cork &amp; Kerry</b>						
Kerry	Acute Mental Health Admission Unit, Kerry General	91	85	-6	-6.6	
Kerry	St Finan's Hospital	10	0	-10	-100.0	
South Lee	South Lee Mental Health Unit, Cork University Hospital	70	54	-16	-22.9	
South Lee	St Finbarr's Hospital	0	0	-	-	
West Cork	Centre for Mental Health Care & Recovery, Bantry	19	13	-6	-31.6	
<b>Total South Lee/West Cork &amp; Kerry</b>		<b>190</b>	<b>152</b>	<b>-38</b>	<b>-20.0</b>	
<b>Waterford &amp; Wexford</b>						
Waterford	Department of Psychiatry, Waterford Regional Hospital	154	148	-6	-3.9	
Waterford	St Otteran's Hospital	0	DNU	-	-	
Wexford	St Senan's Hospital	42	16	-26	-61.9	
<b>Total Waterford &amp; Wexford</b>		<b>196</b>	<b>164</b>	<b>-32</b>	<b>-16.3</b>	
<b>Carlow/Kilkenny &amp; South Tipperary</b>						
Carlow/Kilkenny	Department of Psychiatry, St Luke's Hospital, Kilkenny	50	84	34	68.0	
Carlow/Kilkenny	St Canice's Hospital	DNU	DNU	-	-	
South Tipperary	Heywood Lodge	DNU	DNU	-	-	
South Tipperary	St Luke's Hospital, Clonmel	DNU	DNU	-	-	
South Tipperary	St Michael's Unit, South Tipperary General Hospital	55	21	-34	-61.8	
<b>Total Carlow/Kilkenny &amp; South Tipperary</b>		<b>105</b>	<b>105</b>	<b>0</b>	<b>-</b>	
<b>Donegal/Sligo/Leitrim &amp; West Cavan</b>						
Donegal	Department of Psychiatry, Letterkenny General Hospital	96	69	-27	-28.1	
Sligo/Leitrim	Sligo/Leitrim Mental Health In-patient Unit	31	58	27	87.1	
<b>Total Donegal/Sligo/Leitrim &amp; West Cavan</b>		<b>127</b>	<b>127</b>	<b>0</b>	<b>-</b>	
<b>Mid-West</b>						
Clare	Acute Psychiatric Unit, Midwestern Regional Hospital, Ennis	100	102	2	2.0	
Clare	Cappahard Lodge	DNU	DNU	-	-	
Limerick	Acute Psychiatric Unit 5B, Midwestern Regional Hospital	14	22	8	57.1	
Limerick	St Joseph's Hospital	6	<5	-	-	
Limerick	Tearmann Ward and Curragour Ward, St Camillus' Hospital	2	<5	-	-	
<b>Total Mid-West</b>		<b>122</b>	<b>126</b>	<b>4</b>	<b>3.3</b>	

**Table 10: Approved Centres use of Restrictive Interventions (Seclusion and Physical Restraint). 2011 and 2012. Numbers. Difference 2011-2012. Numbers and Percentages. continued**

Catchment Areas	Approved Centres	Numbers			Percentages	
		2011	2012	Difference	Change	
<b>West</b>						
East Galway	St Brigid's Hospital, Ballinasloe	68	60	-8	-11.8	
Mayo	Adult Mental Health Unit, Mayo General Hospital	205	127	-78	-38.0	
Mayo	An Coillín	9	<5	-	-	
Mayo	St Anne's Unit, Sacred Heart Hospital	DNU	DNU	-	-	
Mayo	Teach Aisling	7	5	-2	-28.6	
Roscommon	Department of Psychiatry, County Hospital Roscommon	23	47	24	104.3	
West Galway	Department of Psychiatry, University Hospital Galway	113	92	-21	-18.6	
<b>Total West</b>		<b>425</b>	<b>333</b>	<b>-92</b>	<b>-21.6</b>	
<b>National Forensic Service</b>						
National Forensic Service	Central Mental Hospital	380	348	-32	-8.4	
<b>National Intellectual Disability Service</b>						
National ID Service	St Joseph's Intellectual Disability Services	735	475	-260	-35.4	
<b>Child and Adolescent Service</b>						
C&A Service	Adolescent In-patient Unit, St Vincent's Hospital	18	11	-7	-38.9	
C&A Service	Child & Adolescent Mental Health In-patient Unit, Merlin Park University Hospital	145	102	-43	-29.7	
C&A Service	Eist Linn Child & Adolescent In-patient Unit	49	17	-32	-65.3	
C&A Service	Linn Dara, Child & Adolescent In-patient Unit	12	19	7	58.3	
C&A Service	Willow Grove Adolescent Unit, St Patrick's University	<5	<5	-	-	
		-	-	-	-	
<b>Independent</b>						
N/A	Bloomfield Care Centre	18 <sup>b</sup>	43	25	138.9	
N/A	Hampstead Private Hospital	DNU	DNU	-	-	
N/A	Highfield Private Hospital	DNU	DNU	-	-	
N/A	Highfield Hospital	DNU	10	-	-	
N/A	Lois Bridges	0	0	-	-	
N/A	Palmerstown View, Stewart's Hospital	16	-	-	-	
N/A	St Edmundsbury Hospital	0	0	-	-	
N/A	St John of God Hospital Limited	295 <sup>c</sup>	79	-216	-73.2	
N/A	St Patrick's Hospital	127	156	29	22.8	
		<b>456</b>	<b>288</b>	<b>-</b>	<b>-</b>	
<b>Total</b>	<b>All Approved Centres</b>	<b>4,755</b>	<b>4,466</b>	<b>-289</b>	<b>-6.1</b>	

a The difference and percentage change between 2011 and 2012 is not calculated for Dun Laoghaire/Dublin South-East & Wicklow as 2012 was the first year that separate data was provided for Cluain Mhuire (public patients) admitted to St John of God Hospital Ltd.

b Bloomfield Care Centre 2011 data were updated subsequent to findings during the MHC data review; physical restraint had been under-reported in 2011 for this approved centre.

c 2011 data for St John of God Hospital includes use of restrictive interventions that involved public/Cluain Mhuire residents. 2012 data only relates to private patients.

**Notes:**

<5: given small numbers, the sensitive nature of the data and the potential for individuals to be identified <5 is used where the number of episodes or the number of individuals was less than five in an approved centre in 2012. Some calculations have been omitted as a result.

## 7. Conclusion

This is the Commission's fifth annual activity report on the use of seclusion and restraint. It highlights that there was a reduction the overall use of restrictive interventions in 2012 in comparison to 2011, with reductions in both seclusion and physical restraint. The collection of individual service user level and episode level data allowed for enhanced reporting in relation to the number of individuals, who were either secluded or restrained in approved centres, and also more accurate reporting in relation to the duration of restrictive practices.

Standard 8.3 of the *Quality Framework for Mental Health Services* – "Corporate Governance which underpins the management and delivery of the mental health service" recognises that services need to be monitored and evaluated to establish what is working and what needs to be done differently. Services should use the data presented in these annual reports along with additional data collected on the Register for Seclusion, Register for Mechanical Means of Bodily Restraint and the Clinical Practice Form for Physical Restraint and other information captured in clinical files to inform reviews and audits in their own service.

One of the principal functions of the Commission is to promote, encourage and foster the establishment and maintenance of high standards and good practices in the delivery of mental health services. We are involved in various pieces of work that are related to the use of restrictive interventions. In 2012, we completed a consultation exercise on a Seclusion and Physical Restraint Reduction strategy and we are currently working on a strategy for national implementation by services. In order to address the limitations of collecting data in aggregate format we introduced new data collection templates, to collect individual service user and episode level data, in 2013. Finally, more in-depth research into the use of seclusion is underway through the Mental Health Commission/Royal College of Surgeons of Ireland PHD research programme "An analysis of the use of seclusion in clinical mental health practice in Ireland", which commenced in 2011.

We would like to express our sincere thanks all those involved in returning the information requested which has enabled this report to be completed.

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## Appendix 1 - Data Collection Templates used in 2012

### Report on the Use of Seclusion

Information should be sourced directly from the Seclusion Register			
1.	Quarter:	Year: 2012	
2.	Approved Centre Name		
			<b>Total</b>
3.	<b>Number of Seclusion Orders</b> (A seclusion order under the rules shall remain in force for a maximum period of 8 hours from the time of its making and then shall expire)		
4.	<b>Number of Patients that were placed in seclusion.</b> Only enter the same patient/person once.		
		<b>Female</b>	<b>Male</b>
5.	<b>Gender</b> (breakdown of patients)		
			<b>Total</b>
6.	<b>Continuous Duration of Seclusion</b>		
		<b>0 to 30 minutes</b>	
		<b>31 to 60 minutes</b>	
		<b>1- 4 hours</b>	
		<b>4 - 8 hours</b>	
		<b>Other duration, please specify the actual total duration in hours and minutes</b> (where order was renewed one or more times, i.e. each continuous duration of seclusion exceeded 8 hours)	
7.	<b>Report Completed by:</b>		
		<b>Name:</b>	
		<b>Job title:</b>	
		<b>Date (dd/mm/yyyy):</b>	

**Report on the Use of Mechanical Means of Bodily Restraint for Immediate Threat to Self or Others**

	<b>Information should be sourced directly from the Register for Mechanical Means of Bodily Restraint for Immediate Threat to Self or Others</b>		
<b>1.</b>	<b>Quarter:</b>	<b>Year: 2012</b>	
<b>2.</b>	<b>Approved Centre Name</b>		
			<b>Total</b>
<b>3.</b>	<b>Number of Episodes of Mechanical Means of Bodily Restraint for Immediate Threat to Self or Others</b>		
<b>4.</b>	<b>Number of Patients that were mechanically restrained. Only enter the same patient/person once.</b>		
		<b>Female</b>	<b>Male</b>
<b>5.</b>	<b>Gender (breakdown of patients)</b>		<b>Total</b>
<b>6.</b>	<b>Duration of Mechanical Means of Bodily Restraint</b>		
	<b>0 to 15 minutes</b>		
	<b>16 to 30 minutes</b>		
	<b>31 to 45 minutes</b>		
	<b>46 to 60 minutes</b>		
	<b>Other (please specify)</b>		
<b>7.</b>	<b>Type of Mechanical Restraint Used (list each type of mechanical restraint used only once with the number of times used in the total number column)</b>		
<b>8.</b>	<b>Report Completed by:</b>		
	<b>Name:</b>	<b>Job title:</b>	
	<b>Date (dd/mm/yyyy):</b>		



**Report on the Use of Physical Restraint**

	<b>Information should be sourced directly from the Clinical Practice Form for Physical Restraint</b>		
	<b>Please read the associated guidance document before completing the template</b>		
<b>1.</b>	<b>Quarter:</b>	<b>Year: 2012</b>	
<b>2.</b>	<b>Approved Centre Name</b>		
			<b>Total</b>
<b>3.</b>	<b>Number of Episodes for Physical Restraint</b>		
<b>4.</b>	<b>Number of residents that were physically restrained.</b>		
	Only enter the same resident once.		
		<b>Female</b>	<b>Male</b>
			<b>Total</b>
<b>5.</b>	<b>Gender (breakdown of residents)</b>		
			<b>Total</b>
<b>6.</b>	<b>Duration of Episodes of Physical Restraint</b>		
	<b>0 to 15 minutes</b>		
	<b>16 to 30 minutes</b>		
	<b>31 to 45 minutes</b>		
	<b>46 to 60 minutes</b>		
	<b>Other (please specify)</b>		
<b>7.</b>	<b>Form Completed by:</b>		
	<b>Name:</b>		
	<b>Job title:</b>		
	<b>Date (dd/mm/yyyy):</b>		

**Appendix 2: Population by Super-Catchment Area**

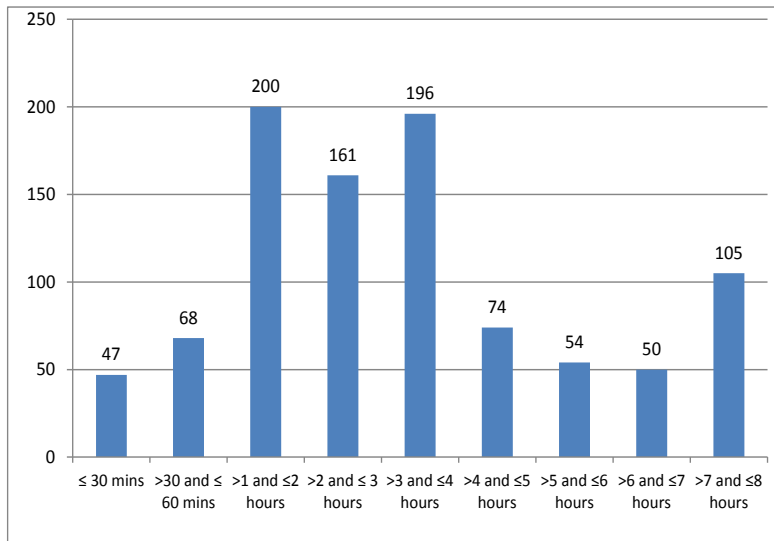
<b>Super Catchment Area</b>	<b>Numbers</b>	
	<b>2006 Population</b>	<b>2011 Population</b>
Dun Laoghaire/Dublin South-East & Wicklow	372,107	426,170
Dublin West/South West & South City	389,750	412,209
Kildare/West Wicklow/Laois/Offaly/Longford & Westmeath	457,244	513,176
Cavan/Monaghan/Louth & Meath	390,636	437,049
Dublin North	222,049	244,362
Dublin North Central & North West	312,472	337,124
North Lee & North Cork	248,470	271,333
South Lee/West Cork & Kerry	372,660	393,201
Waterford & Wexford	255,593	250,577
Carlow/Kilkenny & South Tipperary	205,245	218,747
Donegal/Sligo/Leitrim & West Cavan	238,317	259,621
Mid-West	361,028	379,327
West	414,277	445,356
<b>Total</b>	<b>4,239,848</b>	<b>4,588,252</b>

**Note**

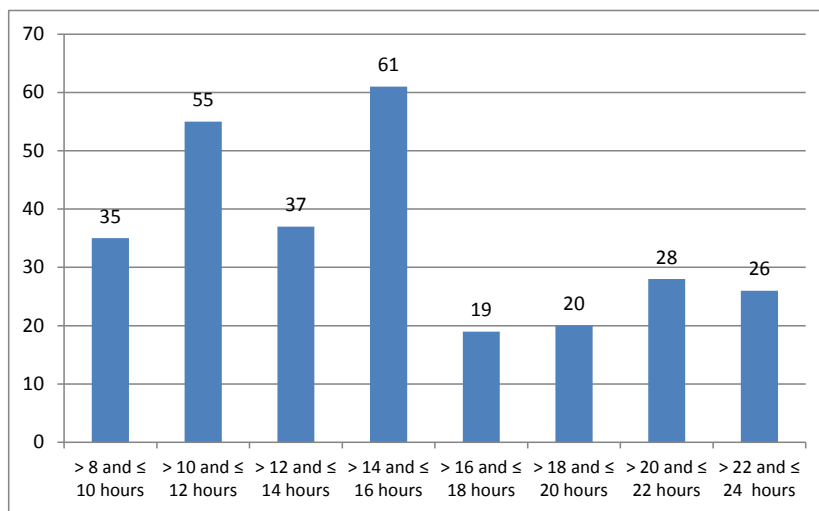
Rates per 100,000 population for 2008 - 2010 are based on the CSO 2006 population figures and rates per 100,000 for 2011 are based on the CSO 2011 population figures

### Appendix 3: Additional breakdown of duration of seclusion in 2012

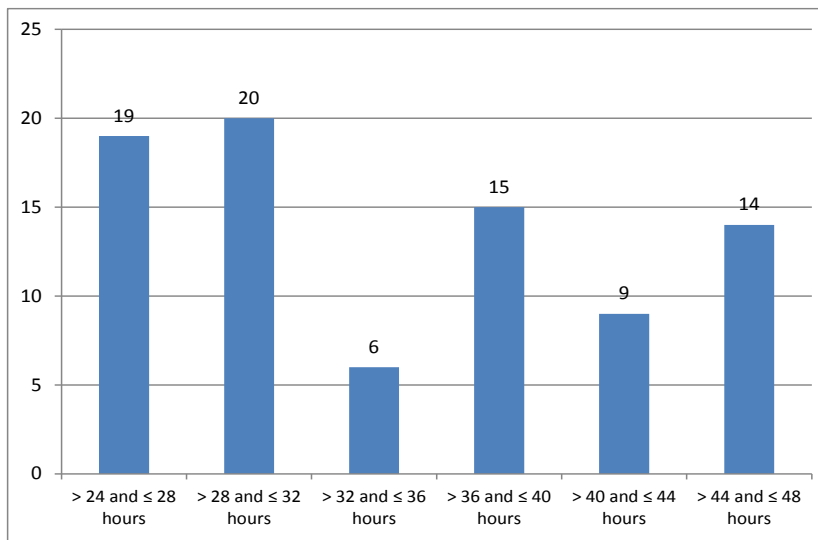
**Figure A3 1: Episodes of seclusion. Breakdown of duration ≤ 8 hours. Numbers**



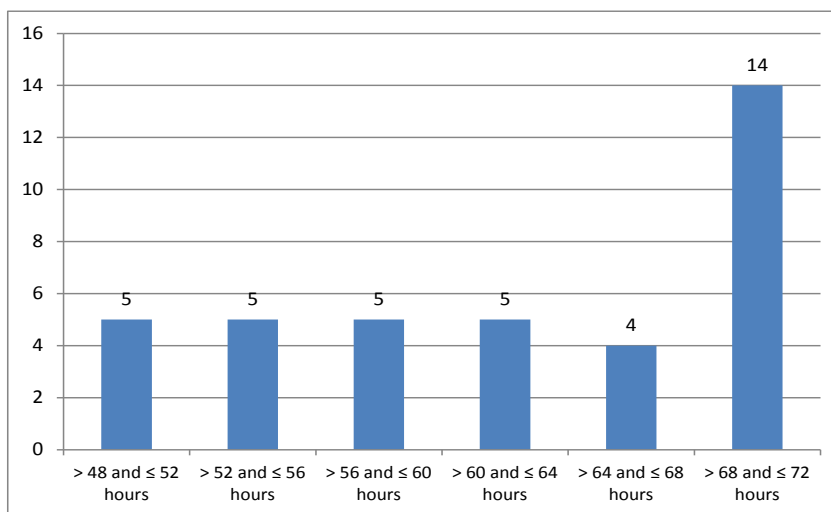
**Figure A3 2: Episodes of seclusion. Breakdown of duration > 8 – 24 hours. Numbers**



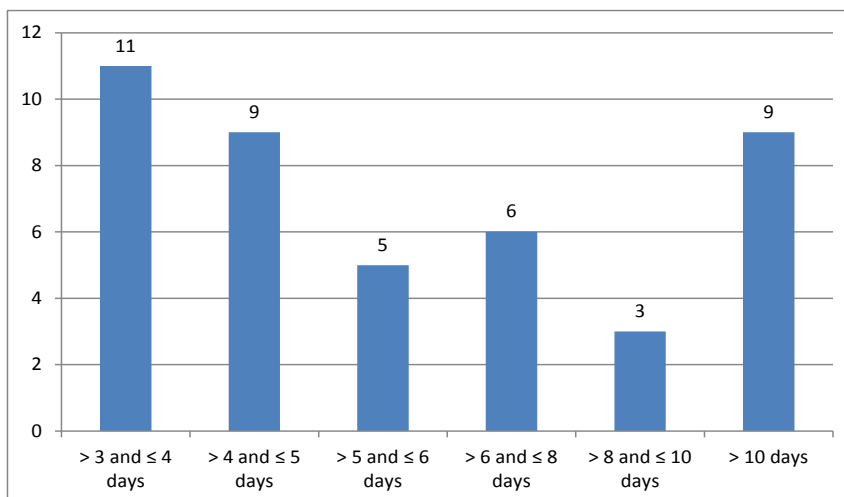
**Figure A3 3: Episodes of seclusion. Breakdown of duration > 24 – 48 hours. Numbers**



**Figure A3 4: Episodes of seclusion. Breakdown of duration > 48 – 72 hours. Numbers**



**Figure A3 5: Episodes of seclusion. Breakdown of duration > 72 hours. Numbers**





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